URBAN FORAGING

Find, Gather, and Cook 50 Wild Plants

LISA M. ROSE

Photography by Miriam Doan

URBAN FORAGING

Find, Gather, and Cook 50 Wild Plants

LISA M. ROSE

Photography by Miriam Doan

The information in this book is true and complete to the best of our knowledge. All recommendations are made without guarantee on the part of the author or Timber Press. The author and publisher disclaim any liability in connection with the use of this information. In particular, ingesting wild plants and fungi is inherently risky. Plants can be easily mistaken and individuals vary in their physiological reactions to plants that are touched or consumed. Please do not attempt self-treatment of a medical problem without consulting a qualified health practitioner.

URBAN FORAGING

Find, Gather, and Cook 50 Wild Plants

LISA M. ROSE

Photography by Miriam Doan

TIMBER PRESS
Portland, Oregon

To today's residents and her Indigenous peoples of Flint, Michigan. It is my hope we heal the water, the soil, and our relationships with each other, and it is with that intent I offer up this guide as a part of the healing of our city ecosystems.

CONTENTS

Urban Foraging Basics

Common Urban Plants from A to Z

apple

artemisia

aspen

autumn olive

blackberry

burdock

catnip

chickweed

chicory

crabapple

currants

dandelion

daylily

dock

elder

field garlic

garlic mustard

ginkgo

goldenrod

ground ivy

honeysuckle

hyssop

Japanese knotweed

lamb’s quarters

lilac

monarda

mulberry

nettle

oak

pennycress

peppermint

persimmon

pine

plantain

prickly pear

purslane

raspberry

red clover

rose

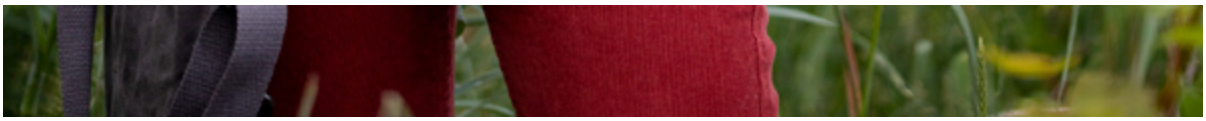
Russian sage

spearmint

spruce

St. John's wort
sunchoke
sweet clover
violet
wild carrot
wild grape
wood sorrel
yarrow

Metric Conversions
Further Reading
Photography Credits
Index



URBAN FORAGING BASICS

This book is designed to inspire and give guidance on how to safely identify, gather, and prepare wild foods that commonly grow in most major US cities. Since collecting food from metropolitan settings poses challenges (it's a dirty world out there), I also explain what considerations and cautions everyone needs to be aware of before eating plants while out and about in a city. These considerations include but are not limited to assessing contaminants in various urban areas as well as knowing potential contaminants common to certain plants.

When it comes to foraging, safety is always top of mind. First, know your plants. Second, know your land. It is up to you, the forager, to become familiar with both the plants and the soils of your region to prevent unwanted illness—even poisoning—from inadvertently harvesting and consuming wild foods in urban environments.

In this field guide, I highlight my favorite urban plants common to most cities. Each plant vignette will explain how to ID the plants, examine harvesting considerations and cautions, and explore my favorite ways of using these plants in the kitchen.

Each plant showcased in this guide is relatively safe to use. If there is any reason to be cautious or if there are harvesting or usage concerns for a specific plant, you'll find those points mentioned under "Things to Consider" at the end of the plant's profile. Of course, always take care when introducing *any* new food into your diet.

Because I'm an urban gardener, I also mention if a plant is suited to an edible landscape or permaculture landscape plan. This will help you rethink your urban landscape and envision the potential for greener, healthier, and sustainable urban ecosystems.

In no way is this a comprehensive resource; rather, it is a jumping-off place from which I hope you experience the joy of foraging even as you explore further issues of urban pollution, soil remediation, water conservation, food security, social justice, climate change, permaculture, and regenerative agriculture practices.

Foraging in the City: Cautions and Considerations

My family is from Flint, Michigan, by way of Calumet, Michigan—and before then from Cornwall, England. With my background in anthropology and a professional focus on community health, I know intimately the impact of colonization and industry on health, land, and relationships. The good news is that urban foraging, along with urban gardening and agriculture, can heal our soil, our waterways, and our own public health. *However*, given the current state of our soils, waterways, and air quality due to the historical use of land in our cities, we need to proceed with greening and eating our way around town with prudence and care.

I take urban soil and water contamination issues very seriously. Many urban areas have excessive lead levels and/or other pollutants in the soil. These pollutants can be absorbed into plants. Contaminants can also come by way of water. Using lead-contaminated water for irrigation, for example, can affect concentrations of the mineral in plants.

For those reasons, the first steps to safely forage in urban areas are knowing where to harvest and understanding which plants and plant parts may be more likely to contain contaminants such as heavy metals or environmental pollutants. Then you must know the history of the land on which you want to forage and what possible contaminants may be present. Ask the landowner and neighbors and/or study public records. Is there a history of a foundry? Railroads? Easements? If so, you'll need to investigate further.

Recognize the Red Flags of Urban Soil and Water Contamination

When urban gardeners establish a new garden, they get soil tests done so that they know and deal with any contamination issues before planting their first vegetable. Urban foragers are unlikely to test the areas where they collect plants. For that reason, be mindful of these considerations and

cautions when choosing your foraging spots. If you recognize any of the following red flags, be prepared to move on and forage elsewhere.

- Lawns, golf courses, and corporate landscapes may contain excess residual herbicide and pesticides.
- Areas that were once heavily industrialized, such as tracts of abandoned land designated as brownfields by the US Environmental Protection Agency, may contain heavy metals like lead or other hazardous substances, pollutants, or contaminants.
- Old refuse and landfill sites, railroad tracks, and former gas station sites have potential heavy metal contamination. Areas along railroad tracks, in particular, are known to be high in arsenic, which can be absorbed into plants.
- Car and vehicle traffic release particulates from brake dust and exhaust along roadsides.
- Factory farms can be sources of excess nitrates, fertilizers, and manure runoff. The presence of manure adds a possible source of watershed contamination like E. coli and salmonella. Be particularly aware of this when you are considering plants that grow in wetlands or along a riverbed downstream from a farm.
- Pharmaceutical companies, manufacturing, furniture industry, and paint companies are all potential environmental polluters, especially of heavy metals.
- Water treatment facilities sometimes experience raw sewage overflows, contributing to E. coli and salmonella loads in waterways.
- Power facilities may dump residual by-products (including wastewater from the power-making process) into nearby waterways.
- Public easements are often sprayed with herbicides to maintain clear access to power lines and other municipal services. Usually there is no public notice when the easements are treated; however, it’s easy to spot recent herbicidal treatment as it produces a brown area that looks like it has been burned.
- Roadways are often treated in winter months with a salt or bromide solution, and increasingly popular is the use of fracking solution to

desalinate the roads. All these cause plant material to appear burned and dead during the growing season.

- Gray water (wastewater) used in irrigation has a potential to host waterborne bacteria. Simply washing plants in the kitchen cannot eliminate pathogens like E. coli and salmonella.

Be aware that every plant and plant part behave differently; not all take up contamination in the same way. The key thing to remember is that any plant that we eat for its mineral content (dock, nettle, or lamb's quarters, for instance) can take up and synthesize heavy metals like lead. The flowers of an elder tree gathered from an urban park hedgerow will most likely have no significant concentration of heavy metals, but a plant like curly or yellow dock, which is high in minerals like iron, may well contain significant trace amounts of lead or other heavy metal if it is growing in an area where commercial manufacturing has taken place. In such locations, I'd be hesitant about gathering a plant like dock at all—particularly the plant's roots, where heavy metals can concentrate.

Ultimately, if you have suspicions or are uncertain in any way about a specific spot, find another place for foraging.

Know the (Legal) Rules

Unless you're in your own front yard, be sure you have legal permission to forage. Municipal, state, and federal parks foraging laws or rules all vary, sometimes by type of plant. Every state has different foraging laws, as does each national park. Some national parks prohibit all foraging. You will need to check individual state or national park regulations for the location you wish to gather from. If you would like to search on private land, of course, you always must get permission. It's good karma to ask rather than trespass. Ask the owner to accompany you on your foraging expedition and you may even make a new friend.

Beyond legal boundaries, many cultures have traditions when working with wild plants, and reverence is shown when harvesting. It is commonplace to ask the plant for its permission to harvest. This is done with respect and gratitude, and there is always an answer from the plants. We just must choose to ask and listen.

A Forager's Tool Kit

Like urban gardening or farming, urban foraging requires simple tools to successfully gather wild foods and get them back to the kitchen for cleaning and preservation.

Foraging Tools

- ***Hand tools:*** Digging forks, small hand trowels, loppers, hori-hori, kitchen shears, pruners, handsaw, leather gloves
- ***Specialty tools:*** Nut gatherers, nutcracker, tweezers
- ***Containers:*** Berry baskets, shallow trays, buckets, burlap sacks, cotton market bags of various sizes, paper lunch sacks for smaller harvests
- ***Botanical ID materials:*** Plant identification books, camera, sketch pad, hand loupe, ruler, scissors, small plastic or paper bags for gathering samples of plants to identify at your desk

Kitchen Tools

When you return home with your harvest, have the right pantry staples on hand so that your bounty can be kept at its freshest. Keep costs low in setting up (and replenishing) your tools. Whenever possible, procuring secondhand equipment like funnels, ladles, measuring cups, and canning jars (new lids are required for each new batch of preserves) is awesome.

Resale shops, garage and estate sales, and even grandmas are great sources to help round out your preservation kit. A well-stocked preservation pantry should include:

- Canning jars with new sealing lids
- Apothecary bottles, in various sizes
- Funnels
- Twine
- Paper bags
- Dehydrator
- Screens for drying
- Canners, pans, teakettle
- Tongs, ladles, spoons
- Vinegars

- Olive oil
- Raw honey
- Sugar
- Salts (rock salt, pickling salts, sea salts)
- Liquor (mescal, tequila, vodka, grape liqueurs, mead, wine)
- Homebrew supplies (carboys, yeasts, thermometers, buckets, siphons, etc.)
- Grinders, mortar and pestle

Botany Basics

Don’t harvest unless you can positively ID the plant of interest. Safety first: poisoning is both possible and a drag. Don’t try to cheat your way through plant identification. You might “think” a plant could be XYZ plant. It’s easy to skip over the details and make the plant fit a description.

Basic Leaf and Flower Arrangements

Botanical nomenclature can be somewhat intimidating. For the purpose of this guide, the language used is geared to be functional and accessible so readers do not stumble through new botanical words. Trust that as you spend time observing plants, you will be able to more easily key out botanical features—leaves, reproductive parts.

For starters, here are a few leaf arrangements that will be helpful in your identification. Seek out additional botanical resources in the back of this guide to expand your knowledge.

Alternate leaves

Circular basal rosette

Compound leaves

Flower umbel shape common for plants in the apiaceae family

Opposite leaves

Lance-shaped leaves.

Urban Foraging in Every Season

Gathering wild foods is possible 12 months of the year—even in climates where there is snow! Tree barks are most easily gathered in spring or fall, or from fallen branches that rest on the forest floor after a summer storm. Fruiting bushes, shrubs, and trees flower in spring then yield succulent berries, many that sweeten under the hot summer sun. Even beneath a quiet blanket of snow, plants can yield an adventure in wildcrafting and offer plant medicine for the herbalist.

What follows is a simple outline of the seasons and their plants that will help you learn the seasonal patterns of wild plants. Many factors can affect harvesting times, such as microclimates with varying elevation, soil, and even weather. Take that into consideration when creating your own local foraging calendar.

Early Spring

As the snow melts from fields and woodlands, the early edible greens of spring begin to poke through the ground.

Early spring is an excellent time to gather tree barks, twig tips, and small branches for making tea and herbal remedies, as the sap is still running through the tree, which makes the bark easier to process.

Tubers, roots, and rhizomes should also be gathered at this time, before plants begin to move significant energy upward to grow stems, leaves, and flowers.

Mid- to Late Spring

In midspring, air and soil temperatures begin to warm. The early-spring-flowering plants send up flower stalks, and the summer perennials unfurl their first leaves. This is a perfect time to begin gathering tender leaves and flowers for teas, herbal remedies, and simple syrups.

Summer

Summer is a magical time: the smell of sweet clover fills the air, crickets chirp, and, in the evening, lightning bugs fill the sky. Harvests are bountiful, with an array of aromatic flowers and berries to inspire and delight in fresh, seasonal summer meals.

Fall

In fall, dig and preserve roots, tubers, and rhizomes as pickles and bitters. Collect the last of summer's herbs and flowers before frosts and snow arrive.

Winter

Folks frequently ask, "Can you forage in winter?" My response is always a resounding yes! While summer's berries and flowers won't be found in deep snow, a forager can delight in collecting barks, buds, and even sap in the cold of January and February.

Wintertime is the perfect chance to polish your plant identification skills—you can practice keying out plants and trees from last season's leaves,

stalks, and barks as well as discover new plant stands for spring harvesting.w

Moreover, I am a believer that we should spend time outdoors in all four seasons. It helps combat seasonal depression, can boost immunity, and is just all around good for the soul to get outside and appreciate the natural world around us.

common

URBAN PLANTS

from

A *to* **Z**

APPLE

***Malus* species**
flowers, fruit, bark, leaves

CULINARY USES

The simplest way to enjoy a wild apple is right off the tree, as a snack on your fall foraging explorations. Wild apple recipes are endless: from pies and jams to butters, sauces, and chutneys, the wild apple serves to delight in all of these ways. The pectin content in wild apples is much higher than in domesticated apples, so you can save cores and skins to make your own pectin concentrate from scratch.

If you are a cider enthusiast, wild apples yield a cider that is fresh, crisp, and dry. The wild apple's high tannin levels can make cider flavor profiles and aromatics in the final batch hard to predict. If your cider happens to go off, it can easily be finished to make a fine homemade raw apple cider vinegar, which has many culinary and medicinal uses. Wild apples, combined with wild sugars like raw honey, can create the most amazing and flavorful apple cider vinegar through the fermentation process.

Fresh or dried apple blossoms and twigs can be made into astringent teas or topical washes. When combined with blackberry root, the resulting astringent tea can soothe diarrhea. Or use the tea as an astringent topical wash for weepy and drippy rashes like poison ivy. Add rose petals and chamomile for added drying and soothing.

The apple fruit is neutral and can soothe an upset digestive system and be part of the recovery from vomiting, diarrhea, or food poisoning. Apple juice is nutritive for a debilitated or recovering digestive system.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Apple trees are common in parks, on public land, and along trails, particularly if the land was historically an orchard or farmstead. Apple trees are also common as ornamentals, and the smaller varieties are a purposeful addition to an urban landscape plan.

The apple is a fruiting tree, with brown, scaly bark and dense branches. Its leaves are ovate with serrated margins and a light-colored underside. The flowers bloom from mid- to late spring and are arranged in clusters, each flower having five petals that range in color from pinkish white to white, with multiple stamens. The blossoms can be gathered and dried for tea or even prepared as flower essences.

Fruits become ripe in mid- to late fall. As an apple ripens, its aromatics become more pronounced. Apple skin contains aromatic oils, acids, tannins (bitter and astringent substances), yeasts, and pigments high in antioxidants. An unripe apple's skin will be noticeably tannic. Apples that detach easily from the tree and freshly fallen apples are most ripe. Choose apples that are free of insect damage, as the fruit is frequently subject to damage from caterpillars.

Allowing the apples to ripen closer to frost and gathering fallen fruit will ensure the most ripened sugars and aromatics. Being attuned to the apple's harvesttime will help you select a well-ripened apple that has a nice aroma for eating, baking, and cider making.

THINGS TO CONSIDER

There is always an abundance of windfallen wild apples, and foraging these fruits does little to impact future harvests.

Many apple varieties are suitable for an urban garden setting. Consider planting a dwarf variety in your own landscape—it will offer shelter from the hot summer sun and deliver a delicious fall fruit to boot.

WILD APPLE TARTE TATIN

makes one 9-inch pie

A tarte tatin, despite the fancy name, is really an upside-down apple pie. The tarte tatin is probably one of my most favorite French desserts (I'm equally fond of a clafoutis). I learned how to make this pie while studying in France in college, and I love its rustic simplicity: perfect for my little foraged apples. Note that when flipping this tarte, you will need a pie plate (or a platter with a small lip) sized slightly smaller than the cooking pan; this is to capture all the caramelly drippings.

---

1 (9-inch) piecrust dough
½ cup (1 stick) unsalted butter
1 cup sugar
⅛ teaspoon salt
6 medium, tart apples, peeled and sliced into quarters
Homemade plain yogurt or vanilla ice cream, for serving

1. Preheat the oven to 375°F. Put a small plate in the refrigerator to chill.
2. Working on a piece of wax paper, roll the dough into a circle slightly larger than 10 inches. Chill in the refrigerator.
3. Melt the butter in a 10-inch ovenproof skillet over medium to medium-high heat. Stir in the sugar and salt until they dissolve, then cook, stirring occasionally, for about 5 minutes, until the mixture becomes syrupy and bubbly.
4. Gently add the sliced apples to the bubbling syrup. Stir, coating the apples, until the syrup caramelizes to a deep amber color and retains its viscosity on the cold plate. Remove the pan from the heat.
5. Arrange the apple slices in concentric circles in the skillet, with the rounded apple edges against the bottom of the pan. (When the tarte tatin is inverted, the round edges will create a slight dome shape and form the top of the finished dish.)
6. Carefully arrange the chilled piecrust dough over the apples. Tuck the edges of the dough down along the sides of the pan to create the tarte edge.
7. Bake for 20 to 25 minutes, until the crust is golden brown. Let cool for 20 to 25 minutes on a wire rack. Separate the crust from the pan with a spatula or knife and shake the pan a few times to loosen the tarte.
8. Place a 9-inch pie plate over the top of the pan and quickly flip the pan over so the plate is on the bottom. Lift the pan and gently arrange any apples that may have been displaced by the flip. Use

any remaining caramel to garnish the tart and individual serving plates. Serve warm with yogurt or ice cream.

ARTEMISIA

***Artemisia absinthium, A. tridentata*,**
***A. vulgaris* (and other *Artemisia* species)**
wormwood, mugwort
leaves

CULINARY USES

Artemisia is well known as a base for a simple cocktail bitters—good on its own or blended with other flavors, including citrus and dark rums, as well as with warming spices like cardamom, cinnamon, orange zest, or spicebush.

The bitters of artemisia are cold, drying, and astringent, making them an herbal must-have for settling a turbulent and upset stomach. As a tincture, artemisia herbal bitters can be employed as a tonic to ease digestive distress caused by a virus or an intestinal bacteria.

In the event of a fever, artemisia can support the body's natural illness-fighting process by serving as a diaphoretic—something to help the body sweat. A hot artemisia tea, while markedly bitter, facilitates this sweating and combines well with the relaxant properties of elderflower and mint. Serving an artemisia infusion cold tempers the bitterness, and it can also be sweetened with honey.

As a medicine bundle, artemisia serves as a talisman to facilitate dream states or ward off the evil eye.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Artemisia thrives in hot, dry soil in full sun; it tolerates rocky, craggy outcrops and disturbed areas. The new growth of the plant in early spring is more aromatic than bitter, especially before flowering.

Artemisia is an herbaceous perennial plant, growing to an average height of 4 feet. Its smooth, silvery, and lobed leaves are 2 to 3 inches long and grow up the woody stem of the plant. The flowers are clustered yellow heads that sprout from the axils of the leaves.

For the best aromatics, gather the leaves of artemisia in spring, before it begins to flower. Use the leaves fresh or dried, and store them in an airtight container for later use.

THINGS TO CONSIDER

Artemisia is a wild-growing, perennial herb that can also be cultivated in garden spaces. Gathering its new growth will not affect the plant and can even encourage the development of new shoots.

ARTEMISIA BITTERS

makes 1 quart

Artemisia bitters can be used not only in cocktails but also to spice honey meads and homemade nocino (walnut) liqueur, and in baking as a flavoring agent similar to vanilla.

½ cup fresh artemisia leaves
1 tablespoon ground cardamom seeds
1 tablespoon ground coriander seeds
1 tablespoon ground dried orange peel
½ tablespoon ground caraway seeds
½ tablespoon dried gentian root
4 cups 80 proof grain alcohol

1. Place the artemisia, cardamom, coriander, orange peel, caraway, and gentian root in a clean quart jar with a lid. Pour in enough alcohol to cover the botanicals completely.
2. Secure the lid, shake, and allow the mixture to infuse for at least 14 days.
3. Using a fine-mesh sieve or cheesecloth, strain the bitters into a clean jar. Discard the botanicals.
4. Use and enjoy the bitters in your favorite cocktail. They can be stored in a cool place, unrefrigerated, for up to 12 months.

ASPEN

Populus tremuloides
quaking aspen
twigs, bark

CULINARY USES

Aspen bark, when combined with other herb flavors, has a complex, dark aromatic flavor that makes delicious herbal bitters and aromatic teas that can soothe digestion. The vanillin notes of aspen pair well with blackberry, maple syrup, and angelica flavors.

Use the bitters to treat digestive upset or simply to flavor a rum-based cocktail. The aromatic alcohol extract of aspen bark can be used in place of almond extract, lending a nice wild, aromatic note to your baking projects.

The tea made from aspen bark is aromatic and bitter, with a back note of almond. It blends well with acorn hulls, sarsaparilla, spicebush, wild ginger, and sassafras leaf for an aromatic gathered chai tea. This warming, spicy tea can soothe a chill, ease indigestion caused by overindulgence, or simply be enjoyed on a crisp fall day.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Aspen can be found along stream banks and meadows and are common at higher elevations. They are frequently planted in public spaces for landscaping as well. Aspen grows in large stands, interconnected to other aspen trees via an underground root system, similar to that of a mushroom network.

The bark of the aspen is notably green-gray, with triangular, heart-shaped, and smooth leaves that are known to “quake” or wave in the breeze because of their flat stems. Gather aspen tree bark from newly fallen branches after a windstorm.

THINGS TO CONSIDER

Stands of aspen are quite prolific, but be mindful when bark harvesting: never remove the bark from the tree all the way around. Employ good technique and, when possible, use freshly fallen branches rather than strip bark from a live tree.

ASPEN WOODLAND BITTERS

makes 1 quart

This bitters features notes of vanilla, blackberry, maple syrup, and angelica. Enjoy it in your favorite cocktail or recipe.

½ cup fresh aspen bark
1 tablespoon ground angelica seeds (use ground cardamom as a substitute)
1 tablespoon ground coriander seeds
1 tablespoon ground dried orange peel
4 cups 100 proof grain alcohol

1. Place the aspen, angelica, coriander, and orange peel in a clean quart jar with a lid. Pour in enough alcohol to cover the botanicals completely.
2. Secure the lid, shake, and allow the mixture to infuse for at least 14 days.
3. Using a fine-mesh sieve or cheesecloth, strain the bitters into a clean jar. Discard the botanicals.
4. Store the bitters in a cool place, unrefrigerated, for up to 12 months.

AUTUMN OLIVE

Elaeagnus umbellata
berries

CULINARY USES

The autumn olive is a versatile berry to work with in the kitchen. It leads with a tomato-like, sweet berry flavor. It works in both sweet and savory recipes and shines in barbecue sauces as well as chutneys, jams, and fruit leathers.

The berries can also be frozen whole for winter kitchen projects. Don't overlook the autumn olive as a wonderful fresh fruit for the table: use the fruit to top salads or morning porridges, or serve it in place of domestic table grapes as a small side plate accompanying a variety of local cheeses.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Common in public parks and hedgerows, autumn olive was once planted as a drought-tolerant ornamental and is now widespread—in some areas naturalized—across the United States. Deemed by many conservationists as invasive to native ecosystems, this dense, deciduous, sprawling shrub is found in open spaces, along trails, and in disturbed areas.

The autumn olive shrub thrives in full and part sun, attaining a height of up to 15 feet. Its bark is gray and scaly, and leaves are a dull dark green. The leaf growth is alternate; leaves are oval and 3 to 5 inches long with a smooth edge and silvery underside.

Autumn olive blooms in late spring, with abundant fragrant cream to yellow flowers that grow in clusters. The fruit of the autumn olive is small, about the size of a pea. It starts green, then ripens into a bright silvery red berry.

The autumn olive fruits in late summer and early fall. The harvest can continue for several weeks until early winter, depending on the growing season. Gather fruits from shrubs in areas that have not been treated with an herbicide meant to eradicate the plant.

The silvery red berries that have swollen until they are almost spherical will be the sweetest; unripe green berries will be too tart, tannic, and astringent. A taste test will help you select the right bush to pick from. If a bite yields an unpleasant, astringent aftertaste, choose another bush. The berries are small, but the shrubs offer an abundance on their branches. It shouldn't take long to fill a bucket.

THINGS TO CONSIDER

Autumn olive is an invasive plant that often incites aggressive plant management by parks staff and gardeners. Frequently, nature centers and local land conservancy organizations will clear stands of autumn olive bushes in spring and fall as part of their habitat preservation programs. Aid their efforts: lend a hand clearing, and if it's fall, gather fruit at the same time.

AUTUMN OLIVE BBQ SAUCE

makes 2 cups

Autumn olive shines as the lead flavor in this barbecue sauce that can be served on lighter, white meats and even vegetables.

---

2 tablespoons olive oil
2 cups autumn olive berries, crushed and seeds strained
6 garlic cloves, smashed
1 slightly heaping tablespoon chili powder
1 tablespoon paprika
1 teaspoon crushed red pepper flakes
¼ teaspoon ground allspice
Pinch of ground cloves
2 cups water
½ cup cider vinegar
¼ cup dark molasses
¼ cup firmly packed dark brown sugar
1 tablespoon kosher salt
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
2 teaspoons dried mustard
1 teaspoon freshly ground black pepper
1 bay leaf

1. Warm the oil in a medium saucepan over medium heat. Stir in the autumn olives, garlic, chili powder, paprika, red pepper, allspice, and cloves. Cook, stirring, for about 3 minutes, or until a dark brick red paste develops.
2. Add the water, vinegar, molasses, brown sugar, salt, soy sauce, Worcestershire, mustard, black pepper, and bay leaf.
3. Adjust the heat to maintain a gentle simmer and cook for about 30 minutes, until the flavors come together. Store in jars for up to 2 weeks.

BLACKBERRY

***Rubus* species**
berries, leaves, root

CULINARY USES

Blackberry is a forager's favorite midsummer find along a sunny trail. The plant offers an abundance of food: its leaves and roots can be used for tea, and the berry makes delicious eating.

The berry-jammy flavor of blackberry is delicious in a variety of desserts, snacks, and preserves, including jam, chutney, and syrups for cocktails and sodas. Its dark flavor holds up well with tomato ketchup and chili spice flavors, and it can add a nice fruit layer in a smoky habanero sauce for meats and sandwiches.

The delicious blackberry is also medicinal. It offers mineral-dense leaves for nourishing infusions and astringent roots useful for treating stomach ailments. Blackberry leaves are high in calcium, potassium, iron, zinc, and phosphorus as well as vitamins A, C, E, and B. Extract the minerals by boiling the leaves for 20 minutes, then strain and enjoy the tea strong and hot or iced. It mixes well in a tea of red clover, nettle, and oat straw for a mineral-rich drink. If the drink is too "earthy," add ice, and the mineral flavor mellows a bit. Aromatics like spicebush or the barks of aspen, tulip poplar, or birch can be added to spice up the tea, if preferred.

Prepared as an astringent tea, the blackberry root is a traditional remedy for diarrhea. Blend it with cocoa or chai to help settle and dry up the condition and soothe the stomach. Add honey to sweeten.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Common in sandy, well-drained soils, blackberry is usually found as a large stand of plants in the sun on the edges of empty lots and ditches. In some

areas of North America—particularly in the Pacific Northwest—the blackberry is considered invasive.

A bramble of a plant reaching heights to 5 feet, the blackberry is covered in thorns; its divided leaf clusters hold three to five serrated and ovate leaflets that have a prickly midrib. The blackberry blooms in late spring with white, five-petaled flowers that bear seedy, slightly hairy fruit that ripens into dark purple berries in late summer.

In early spring, before the blackberry goes to bloom, gather leaves: using a pair of scissors, carefully (being mindful of the thorns) clip off the leaf clusters, then dry them for tea. In mid- to late summer, take a few pails along on your trail walks to gather blackberry fruit by the bucketful. If harvesting the root, wait until fall when the plant begins to die back after harvest, and use a shovel and clippers. The root is quite spindly, so a considerable amount of root is needed. Wash, chop, and dry for tea.

THINGS TO CONSIDER

Blackberry spreads easily by runners, and the forager can encourage this process by cultivating runners in the immediate area to expand the stand. The Himalayan blackberry has become invasive in parts of the Pacific Northwest. Blackberry species are not a problem in other parts of the country.

Because the plant grows prolifically, harvesting a few roots shouldn’t impact sustainability, but if there is a concern about maintaing a clump, leaves can be used in the place of the root for an astringent tea. Wildlife enjoy the fruit, too, and this should be a harvesting consideration, but simply gathering the berries shouldn’t significantly impact the stand.

BASIC BLACKBERRY JAM

makes 2 cups

Blackberry jam has a special place in my heart. It harkens me back to the moments my children and I would stumble upon the errant blackberry patch or two. We'd gather all we could, and what was left after eating was transformed into this delicious jam. Serve over ice cream, add to yogurt, or drizzle over chocolate cake. Be sure to have all your canning supplies on hand and sterilized before starting the recipe.

---

1 pound fresh blackberries (4 cups)
2 tablespoons lemon juice
2 tablespoons powdered fruit pectin
1 cup sugar

1. Bring a large pot of water to a boil.
2. In a medium-size pot, mash the blackberries with a potato masher or a fork. Place over low heat and stir in the lemon juice and pectin. Bring to a rolling boil, then add the sugar, stirring until it dissolves. Return the mixture to a boil and cook rapidly for about 15 minutes, skimming off any foam, until the mixture thickens.
3. Pour the jam into sterilized canning jars, leaving about ¼ inch of headspace. Wipe the rims clean. Apply the lids and screw on tightly.
4. Process the jam in the boiling-water bath (the large pot of boiling water) for 10 minutes. Carefully remove the jars and let sit undisturbed for 12 to 24 hours before handling and storing.

BURDOCK

***Arctium* species**
gobo
root, seeds

CULINARY USES

Burdock's virtue is rarely celebrated in the United States, but it is a popular vegetable across the world. Called gobo in Asian grocery stores and sometimes found in popular health food stores and co-ops, burdock is an invaluable and versatile wild food that provides both nutritious greens and roots in abundance for the forager's kitchen.

From root to seed, burdock is completely edible and highly nutritious. Burdock root is a mildly sweet, nourishing carbohydrate. It is a versatile starchy vegetable that can be eaten raw julienned in salads, or it can be mashed, roasted, and even pickled. The young, tender greens are high in vitamins and minerals such as iron, magnesium, and calcium. They can be sautéed, included in a stir-fry, or added to soups. If you are cooking the stem, peel as you would a fibrous rhubarb stalk and julienne it for salads or stir-fries. The dehydrated root can be toasted and roasted in a cast-iron skillet, then combined in herbal tea blends with roasted chicory root, dandelion root, calendula, and spearmint for an earthy root tea.

Burdock root, as a medicine, is known for its ability to help the body regulate metabolism. Burdock root is most frequently used as a metabolic tonic. Not only is it a nourishing food, but burdock can help restore tone to the digestive system by supporting the body in absorbing and eliminating foods.

Burdock works well with warming, carminative herbs to support digestion, including cinnamon and clove, and with other metabolic and lymphatic tonics like dandelion root, ceanothus, and yellow dock. For a

warming and stimulating aromatic chai tea, toast and roast dehydrated burdock root in a cast-iron skillet, then combine it with roasted chicory root, dandelion root, chaga, spicebush, and hickory nut.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Burdock is a hardy biennial plant that thrives in many conditions. It is not at all phased by poor, rocky soil or drought. It loves the disturbed edges of fields and waste sites and is prolific in spreading seeds. Because burdock grows abundantly in urban and suburban areas, be sure it is free of herbicidal applications, lead, or environmental pollutants.

A great way to identify a clean spot for harvesting is to contact a local organic farmer in your area; chances are they have burdock on their land and are more than happy to allow you to do some digging (just remember to backfill your holes!).

Burdock is known for its nutritious yet sturdy taproot that affixes the plant solidly to the ground. The first-year roots are easiest to gather for this reason, but second-year roots are equally edible (although potentially woody). The tender, small greens of the first-year plant can also be gathered, as can the stalk of a second-year plant before the burdock goes to flower. Both are fibrous and bitter, however.

First-year burdock is identifiable by its fuzzy basal leaves that grow to about 18 inches long and resemble those of rhubarb. In the second year, the burdock sends up a sturdy stalk that goes to flower in midsummer. The flower changes to its famous bur-laden seed casing, each of which contain scores of small seeds in late fall.

Bring a spade to dig out the burdock root. Be prepared for some serious digging, especially if the plants are in the second year, as the taproot can have quite the underground footprint. Dig in a wide circumference so as to not shear off the taproot. Also be prepared to scrub the root in the kitchen, as wild burdock is much more gnarled than its cultured gobo counterpart, and small root pockets can retain a significant amount of soil. Use the cleaned root for cooking. To prepare it for tea, chop the clean root into small pieces, dry completely in a dehydrator, and store in an airtight container. The root can also be prepared as a tincture, from both fresh and dry root.

Gather the leaves from the first-year plant or before the burdock sends up a flower stalk in the second year. These leaves can be eaten fresh or dried for later use.

The fresh seeds can be collected anytime. There are not many ways around it—removing the seeds from the burdock burr is a tedious process. Extract them carefully from the hull with tweezers.

THINGS TO CONSIDER

Because burdock grows abundantly in urban and suburban areas, be sure to pick it from a location free of herbicidal applications, lead, or environmental pollutants.

SAVORY BURDOCK PICKLES

makes 3 cups

Burdock is an invaluable and versatile wild food that provides both nutritious greens and roots in abundance for the forager's kitchen. This savory burdock pickle can be served alongside sushi, fish, and salad dishes.

---

3 tablespoons mirin
1 tablespoon red wine vinegar
3 tablespoons komezu (rice vinegar)
2 tablespoons sugar
1 teaspoon salt
2 burdock roots, each totaling approximately 1 foot in length, washed, peeled, and cut into 4-inch-long strips

1. Combine the mirin, red wine vinegar, komezu, sugar, and salt in a mixing bowl. Set this brine aside.
2. Fill a large strainer with ice.
3. Bring a large pot of water to a boil. Add the burdock strips and boil for 2 minutes, then, using a slotted spoon, transfer the parboiled strips to the ice-filled strainer. This stops the cooking process so the root is tender but retains a bit of crunch.
4. When the burdock strips are cool, pull them from the water and add them to the brine. Stir to evenly coat and submerge the strips in the brine.
5. Let the pickles cure overnight, then serve. The pickles will keep fresh and stable for about a week in the refrigerator.

CATNIP

Nepeta cataria
catmint
leaves, flowers

CULINARY USES

Catnip is an aromatic mint with a distinctly musky aroma. It can be used as a culinary herb to add aromatic notes to cocktails, as a flavoring agent in baked goods, and as a soothing and refreshing tea.

A plant extract of catnip is useful in blending cocktails, as it melds well with a dark rum, Brazilian cachaça, or peaty scotch. Its earthy and bitter flavors provide excellent base notes when blended with cocktail bitters, and the extract can mix well with foraged desert sage, wild ginger, burdock root, and tulip poplar. It's an excellent addition to a forager's negroni.

If you make a simple syrup incorporating catnip, choose a brown sugar that will bring out the deep, musky flavors. The syrup can be used to make toffee or flavor a pistachio or caramel ice cream. Plant extracts of catnip work effectively in an herbal bug spray blend with yarrow, chickweed, plantain, and essential oil of lemongrass.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Catnip is a rough-and-tumble plant—it doesn't mind scrubby, nutrient-depleted soil and is easily found in vacant lands in the city. It also grows along the edges of grassy fields and hedgerows of parks, gardens, and street corners.

Catnip is a clumping, dusty green, mint-family plant. It stands 2 to 3 feet tall with soft and downy heart-shaped leaves oppositely arranged on its square stems. The plant is small and tender through midsummer, when it sends up its whorled flower stalks with blossoms that range in color from

white to pinkish and even a deep purple (especially the garden breeds and species escaped from cultivation).

Gather full stalks in early summer, before the catnip blooms, and bundle and dry for tea. To preserve the aromatics, cut down the leaves and stalks of the plant when fully dry and store in airtight containers.

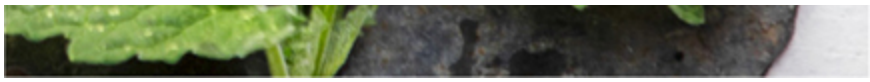
THINGS TO CONSIDER

Catnip is a common wild plant and considered by many a weedy one. As a perennial, the catnip you identify this season will be there next season provided you haven’t harvested the entire plant. Harvest the aboveground parts in moderation. If you would like to grow a stand of catnip, it can be propagated with cuttings from the parent plant.

SMOKY PLUM SAUCE

makes 8 cups

Catnip adds a sultry note to this plum sauce and pairs well as a drizzle atop cheesecake or handmade vanilla ice cream.



4 pounds ripe black plums, pitted and diced
2 cups sugar
2 sprigs of catnip
3 tablespoons lemon juice

1. Combine the plums, sugar, and catnip in a large saucepan over medium-low heat. Bring to a low simmer and cook, stirring frequently, for 7 minutes, or until the plums release their juices.
2. Place a colander over a large bowl. Pour the plum mixture into the colander, gently stirring the fruit to further release their juices.
3. Return the juice and catnip sprigs to the pan and bring to a boil over high heat. Then reduce the heat and gently boil for 10 minutes, stirring occasionally, until the syrup is thick and reduced by half. Remove and discard the catnip.
4. Return the plums and any accumulated juices to the pan. Stir in the lemon juice. Simmer for about 15 minutes.
5. Pour into sterilized jars and store in the refrigerator for up to 3 weeks.

CHICKWEED

Stellaria media
stem, leaf, flowers

CULINARY USES

Chickweed shines as a raw, green vegetable. Cooking chickweed changes the flavor tremendously, from bright, grassy green to a more swampy cooked flavor, particularly if you are cooking the plant in oil or butter. Some folks don't mind the plant cooked down, but there are other greens that shine as cooked greens in spring, like nettle or garlic mustard.

Eat chickweed raw, chopped into salads, or prepared in dishes that call for bean sprouts—think Vietnamese spring rolls or pad thai. It is a delicious addition to a green smoothie recipe and can be juiced like wheatgrass in a masticating juicer. Blend chickweed into a foraged spring pesto to add volume or to temper the strong flavor of a springtime garlic mustard pesto.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Chickweed is a bright green, low-growing, mat-forming spring annual that reaches a maximum height of about 12 inches. It has small opposite leaves with slender stems, and its late-spring flowers are white and have five deeply notched petals. Commonly found in parks and along streams, chickweed loves nutrient-rich, well-draining soil.

This plant thrives in cool, moist weather and is most vibrant and ready for harvest in the height of spring. In early summer, chickweed begins to die back after it has gone to flower. It returns in late fall when the rains and cooler weather come in, though that wave normally is not as vibrant as the spring crop.

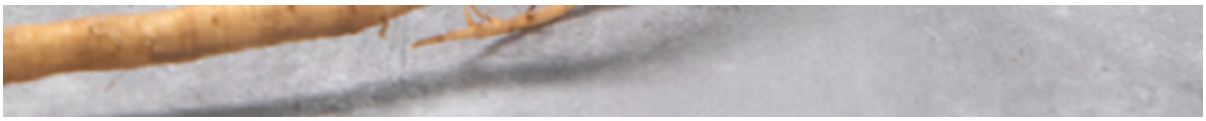
Hold a cutting of chickweed up to the light and you will notice its chief (and fun) identifier: a single line of hair that runs on the side of the stem. To

better notice the fine hairs, use a magnifying glass or handheld loupe. Chickweed can be harvested easily with kitchen shears in the field—the stem, leaf, and flowers are all edible.

Take care to harvest only clean plant material: chickweed can easily gather dust and debris or mud since it grows along the ground, and I find it difficult to completely clean the plant in the kitchen.

THINGS TO CONSIDER

Take care that the land you gather from is free of soil contamination. Chickweed self-sows abundantly, and harvesting its leaves and flowers won’t harm its ability to reproduce significantly. In fact, if you decide to plant chickweed in your garden, do so with care as it can take over very quickly.



CHICORY

Cichorium intybus
flowers, leaves, root

CULINARY USES

Chicory is a delicious wild relative to cultivated endives (bitter greens) popular in European culinary traditions. In spring, the young, tender leaves of chicory dot the thawing landscape alongside dandelion, dock, and wild lettuce, making it a perfect addition to a salad or wild spring greens frittata.

The leaves of the mature chicory remain edible, though by midsummer they are significantly more tough, dry, and bitter than the tender leaves of spring. These larger leaves can be stir-fried with other greens or eaten fresh and massaged with a nice mustard vinaigrette.

The chicory root is not prepared like a roasted root vegetable; rather, it is harvested, dried, and roasted to make a tea. In the 1800s, it was grown in the Great Lakes area for the roasted coffee industry. Roasted chicory root tea has a pleasant earthy flavor and certainly can stand on its own as a unique beverage. Chicory is a great addition to a foraged herbal chai tea, blended with the likes of dandelion root, burdock root, sassafras root, chaga, spicebush berry, and black tea.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Chicory is found in open fields and empty lots and along roadways. It frequently is interspersed with dandelion, dock, and Queen Anne’s lace. In early spring, the perennial chicory is a basal rosette of long, pinnately lobed leaves with a large midrib vein. In the height of summer, the mature flowering chicory can tower well over 6 feet. Its sprawling stalks extend wildly in every direction, decorated with beautiful blue flowers. The flat-tipped flowers range in color from cornflower blue to translucent blue-

purple and range from ½ inch to 2 inches across. The long, whitish taproot is similar to that of dandelion, and the root and stem contain a milky sap.

You will want to harvest the tender leaves for salads in early spring. Harvest in the early morning when the leaves are more sweet than bitter, and choose to gather smaller leaves. In late summer and into fall, gather the roots. Chicory likes rocky, gravely, and dry soil, so it's sometimes difficult to remove the root in its entirety. Select a spot in soil that is less rocky and somewhat damp to make harvesting easier. Clean, chop, and dry the root in a dehydrator, then store in an airtight container for later use.

THINGS TO CONSIDER

Chicory self-sows easily and is wildly available in open spaces alongside dock and Queen Anne's lace. Given that this distribution is commonly associated with soil pollution in urban areas, however, it's wise to know the history of an area before gathering.

FRENCH PRESS CHICORY ROOT “COFFEE”

makes 2 cups

While I would be remiss to suggest that this beverage replace the morning cup of joe, roasted chicory root makes a delicious warm drink that can be flavored up with maple syrup and cream or prepared as a chai tea.

---

2 cups water
1 tablespoon roasted and ground chicory root
Maple syrup and cream, for serving (optional)

1. Bring the water to a boil.
2. Spoon the chicory into a French press. Pour the boiling water into the press and let steep for 8 to 10 minutes.
3. Press the plunger down slowly, then serve the coffee black or with maple syrup and cream, if desired.

CRABAPPLE

Malus sylvestris
flowers, fruit

CULINARY USES

The crabapple is a wild apple variety that is small: less that 2 inches in diameter. It possesses all the virtuous qualities of the wild apple and is a plentiful foraged fruit. It also is a delicious grab-and-go trail snack for hikers and runners.

The crabapple will be more tart than its larger wild apple counterpart. Crabapples can be swapped out by equal weight for recipes calling for apples. Apple butters, chutneys, applesauce, jelly, cider, crumbles, pies, and fruit leathers can all be prepared with the crabapple. Crabapples can be pressed and fermented into raw apple cider vinegars as well as made into ciders.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Look for crabapples to grow in abundance on public land, near hiking trails, in orchards, and on farmsteads. Crabapple blossoms are beautiful and showy in midspring. The crabapple tree is a common ornamental, and often the fruit is left unharvested. Of course, always ask permission before gathering on private property. The fruit is ready in late summer and well into fall.

THINGS TO CONSIDER

The crabapple is common throughout North America, and harvesting its fruit will have little impact on the tree’s distribution and growth. Consider

adding this tree to a permaculture landscaping plan, as its flowers are pollinator friendly and it offers delicious fruit to boot!

CRABAPPLE BUTTER

makes 6 pints

This delicious and versatile spread can be spooned over breads, muffins, or cheeses and even used as a glaze for roasted meats. Using a food mill will help ensure you achieve the right texture.

---

3 pounds crabapples, washed and halved
1 cup granulated sugar
1 cup lightly packed light brown sugar
1 tablespoon ground cinnamon
½ teaspoon freshly grated nutmeg
¼ teaspoon ground cloves
¼ teaspoon salt
1 tablespoon pure vanilla extract

1. Combine the crabapples, granulated sugar, brown sugar, cinnamon, nutmeg, cloves, and salt in a medium bowl. Transfer the mixture to a slow cooker and cook on low for about 10 hours, until thickened and dark brown. Check on the mixture, stirring occasionally, to ensure it doesn't scorch or stick to the crock.
2. Transfer the mixture to a food mill, add the vanilla, and process until the crabapple butter has a smooth texture.
3. Store in clean jars in the refrigerator for 1 to 2 weeks.

CURRANTS

***Ribes* species**
fruit

CULINARY USES

The currant is such a delight to transform into delicious summer dishes. The berry shines served fresh over soft local cheese. Currants can also be prepared in a variety of preserves, jams, and chutneys, but strain them through a food mill to first remove the seeds. Currants bake well and make delicious mixed-berry fruit tarts, breads and muffins, pâte de fruits, and an amazing classic French clafoutis pastry.

On the cocktail cart, crème de cassis is a traditional European liqueur made with the black currant. A foraged variety of crème de cassis can be made by steeping a harvest of mashed black currants in a grain-neutral spirit. Strain the mash and sweeten the juice with raw, locally produced honey or maple syrup, and it is ready for use.

Currants can also be prepared as a quick simple syrup to complement vodka drinks or to mix with ginger simple syrups and mints.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Generally delineated by being thornless (currants) or having thorns (gooseberries) along the branches, both berries are similar in flavor and can be used interchangeably. The leaves are silvery green, free of hair, like a maple leaf in shape, and range from 1 ½ to 2 inches in size.

Currants and gooseberries are at their full ripeness in the height of summer, late July through early August in most places. Seek them along the edges of the woods and trail, and you might be lucky enough to find the fruit warm in the summer sun.

Gather the fruits in the warmth of the day, when the berries will be the most sweet. The fruit will be fragrant, resinous, and slightly sticky, leaving your fingers smelling juniper-sweet.

THINGS TO CONSIDER

Currants and gooseberries reproduce easily in open spaces. You can help propagate stands of currants because cuttings transplant easily.

CURRANT FINANCIERS

makes 8 financiers

Feature these elegant currant financiers as part of a Sunday-morning brunch or as an afternoon snack with an espresso chaser.

½ cup (1 stick) unsalted butter, plus more for the pan
½ cup granulated sugar
½ cup all-purpose flour
⅔ cup ground almonds
3 egg whites
⅛ teaspoon salt
3 cups currants
Confectioner's sugar, for serving (optional)

1. Heat the butter in a small saucepan over medium-high heat until it begins to brown, then transfer the butter to a small bowl and let cool.
2. Whisk the cooled butter with the granulated sugar, flour, and ground almonds in a medium bowl.
3. In a separate medium bowl, beat the egg whites with the salt until soft peaks form.
4. Fold the egg whites into the flour mixture to create the batter, then cover with plastic wrap and chill for 20 minutes.
5. Meanwhile, preheat the oven to 350˚F. Butter an 8-cup muffin pan.
6. Divide the batter equally into the muffin cups. Top with the currants.
7. Bake for 15 to 20 minutes, until the edges turn golden brown. Let the muffins sit in the pan for a minute, then transfer them to a wire rack to cool. Dust with confectioner's sugar before serving, if desired.

DANDELION

Taraxacum officinale
leaves, flowers, root

CULINARY USES

The dandelion is a nutritionally valuable plant, and once you learn to prepare it in delicious ways, it's easy to get buy-in from others to start harvesting this abundant edible. The tender leaves are best enjoyed in a wild salad of other spring greens such as basswood, violet, dock, chicory, wild onion, and wild carrot. If this flavor takes a while to appreciate, light dressings like a lemon vinaigrette can help offset the bitter.

The root can be roasted, or it can be boiled and combined with other foraged roots for a mash, but dandelion roots are exceptionally good dried, roasted, and added to a foraged tea blend. Roasting sweetens the root and brings out its nutty flavor.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

The sharply toothed and smooth leaves of the dandelion are some of the spring season's first green edibles. The leaves shoot up from the white crown of the root in a basal rosette first, then several smooth, hollow, 3- to 4-inch flower stalks emerge. The flowers of the dandelion are familiar—yellow, flat, and cupped by small, pointed bracts that turn upward and close the flower when rain is imminent.

The root's size and girth are dependent on soil: they are more substantial in well-drained, composted soils and less so in dry, rocky, nutrient-deficient earth. Harvest the leaves with garden shears or by hand, and clean them gently in the kitchen. The leaves are best picked in the early morning. Plants that are in the shade will be more tender and sweet than those in the direct sun. They will bloom later as well.

Leaves become significantly more bitter, dry, and rough after the dandelion goes to flower and seed and as the weather becomes warm in summer. In early spring, the rapidly growing leaves will be most tender and choice for eating raw when the weather is cool and moist. The leaves are again tender and delicious in cool fall weather. In midspring as the weather warms, the flowers can be gathered by hand. The root can be dug anytime across the season.

Flower heads can be plucked from the plant easily with fingers, but they do not wash well, so choose plants that are free from significant dust and debris. Depending on the soil, the root can be either easy or difficult to remove from the earth. A hand-digging tool can be helpful; take care not to break off the taproot midway. The crowns and roots gather significant soil and will require a good brushing and scrubbing in the kitchen.

THINGS TO CONSIDER

Dandelion’s nutrition and versatility in the kitchen, plus its abundance, make it such an outstanding vegetable that it never ceases to amaze me why homeowners everywhere don’t just allow the dandelion to take over the green space for cultivation. It truly is a wildly free salad bed.

DANDELION GREENS SALAD

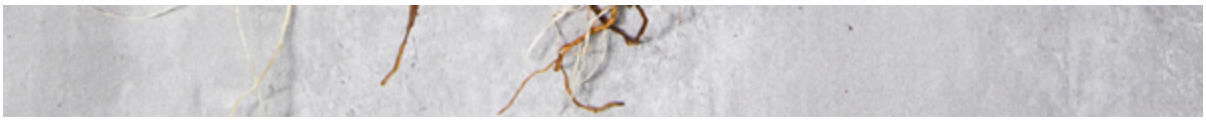
makes 8 cups

This is a simple yet elegant way to feature this spring green.

---

8 cups dandelion greens, washed, dried, and torn in half
1 tablespoon finely chopped garlic scapes or wild (spring) garlic
1 tablespoon lemon juice
½ teaspoon coarse sea salt
¼ teaspoon sugar
¼ cup extra-virgin olive oil

1. Place the cleaned dandelion greens in a salad bowl.
2. Combine the garlic scapes, lemon juice, salt, and sugar in a small bowl. Slowly add the oil in a steady stream while whisking until the dressing is emulsified.
3. Drizzle the dressing over the greens, and toss to coat. Serve immediately.



DAYLILY

Hemerocallis fulva
flowers, shoots, tubers

CULINARY USES

The wild orange daylily is a common flower found in midsummer across ditches and gullies. *Hemerocallis fulva* is deemed as invasive by gardeners and conservationists, but its flowers, shoots, and tubers are a simply yummy early-spring green and summer food for the foraged table.

Use the early-spring daylily shoots as cooked greens for stir-fries and frittatas. Edible daylily blooms are delightful to gather and look beautiful atop fresh, green summer salads. The open daylily flowers can be stuffed with a soft cheese and chopped green onion, then fried in butter like stuffed squash blossoms.

The unopened buds can also be sautéed in butter with garlic; they have a fresh green taste. The tubers are quite substantial and can be chopped and sautéed in butter. Their crisp texture makes them ideal for pickling. The flavor is similar to that of sunchoke pickles.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

The common daylily prefers moist but well-drained soil and is found in parks and open spaces, usually without intentional cultivation. It is common in gardens as a low-maintenance landscaping ornamental.

There are over 60,000 varieties of daylily, and not all are edible. *H. fulva* is most chiefly identifiable by its bright orange, six-petaled flower, which can bloom from mid- to late summer, depending on your location. Each bloom lasts only one day. The daylily propagates by means of a creamy white tuber. Its leaves are smooth, long, and pointed, and the flower stalks are hollow, leafless, and up to 36 inches in length.

Gather the shoots in early spring as they emerge from the soil. Daylily flowers open in early summer and can bloom until late summer. Daylily shoots can be clipped in early spring for cooked greens. In dry weather, gather unopened buds with kitchen shears.

The blooms open in high summer; cut them with kitchen shears for the kitchen. The stalks can also be harvested with kitchen shears and will last several days in the refrigerator. The tubers can be dug anytime—usually with a small shovel—and stored for a few weeks in a cold, dry area.

THINGS TO CONSIDER

Don’t mistake the young, fan-shaped leaves of the iris for the daylily, which has a shoot that is folded lengthwise. Iris shoots, which are not edible, are not folded; rather, they have an overlapping, flat, fan shape. Also, take extra care when harvesting in urban areas; pass on daylilies growing in ditches or drainage areas suspected of water and/or soil contamination.

With little harm to the overall wild stand’s population, the forager can dig an entire plant because the tubers reproduce in abundance. Many gardeners give this plant away for free when they divide their perennials in fall. The plant can be added to the urban ecosystem as part of rain gardens and permaculture landscapes.

ROASTED DAYLILY BLOSSOMS STUFFED WITH GOAT CHEESE

Serves 8 to 12

This rewilded take on goat cheese–stuffed squash blossoms can be served warm as an appetizer or alongside a cheese platter and green salad at the end of a meal.

---

3 tablespoons olive oil
3 garlic cloves, minced
1 bunch chard, stems removed and leaves chopped (spinach or nettles can be used as substitutions)
3 tablespoons chopped fresh basil
Salt and freshly ground black pepper
3 ounces goat cheese
8 to 12 daylily blossoms, stamens removed

1. Warm 1 tablespoon of the oil in a skillet over medium heat, then add the garlic and the chard and cook for about 10 minutes, until the chard is soft.
2. Stir in the basil, season with salt and pepper, and cook for 1 to 2 minutes, until the basil is soft..
3. Transfer the chard mixture to a mixing bowl and let cool. When it is completely cool, add the goat cheese. Mix thoroughly.
4. Meanwhile, preheat the oven to 400˚F.
5. Fill each daylily blossom about three-quarters full with the chard mixture, then carefully pinch the ends of each flower closed. Place the filled blossoms in a roasting pan, drizzle with the remaining 2 tablespoons oil, and sprinkle with salt and pepper to taste.
6. Roast in the oven for about 10 minutes, or until the blossoms are hot.

DOCK

***Rumex* species**
leaves, seeds, root

CULINARY USES

From blighted city lots to vast, open prairie, dock thrives. It's valuable for its nutritious greens, mineral-rich root, and protein-packed seeds.

When small and tender in spring, the greens are good eaten fresh, but for those people who have yet to fully embrace and acclimate to the predominantly bitter flavor (yes, there are a few notes of citrus, but only in the early cool weather), try cooking the greens. Stir-fries, frittatas, and egg dishes work well with dock. The greens can also be sautéed with garlic, onion, and other spring herbs like parsley, then puréed and frozen into cubes for later use in soups—perfect for adding greens to the winter menu.

Brown dock seeds can be prepared as in recipes that call for buckwheat. The seeds can be ground and added as a protein to salads or soups, and even dehydrated and made into a nutritious cracker. For those interested in athletic performance, add the seeds to a wild granola of amaranth, chia seeds, and wild nuts for extra plant protein.

Dock root is particularly high in iron and can be made into a molasses syrup that serves as a substitute for the synthetic iron supplements available at the health food store.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Perennial dock is easy to identify. The cold-tolerant leaves emerge in early spring with straight, wavy, or curly edges, and they grow from 3 to 12 inches long across the season. Dock puts up tall flower stalks in midsummer, reaching up to 5 feet in height and bearing whorled and small green flowers.

These tiny flowers ripen by late summer into thousands of brown, winged seeds. Dock roots are substantial, even larger in nutrient-rich soil, and range in color from creamy white to yellow. The entire plant is predominantly bitter in flavor. Dock's flower stalks are noticeably brown in open fields among evening primrose, blue chicory, and tall but not yet flowering goldenrod.

Gather the seeds on a dry day by the handful into paper sacks. In the kitchen, dry them completely in a dehydrator before storing. After the plant has gone to seed, the root can be gathered and dug then cleaned and stored for a few weeks in the refrigerator.

THINGS TO CONSIDER

Because a dock takes up a significant amount of minerals into its root, leaves, and stalk, be careful where you harvest and make sure the land is free of lead or other heavy metal contamination.

Dock reproduces easily with its prolific seeds. You can help it flourish by sharing the seed harvest with wildlife and by scattering them along your way back to the kitchen.

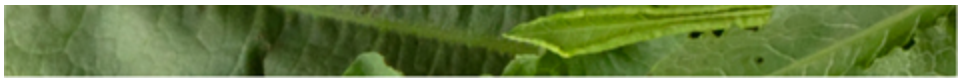
NUTTY BUTTER ENERGY BALLS

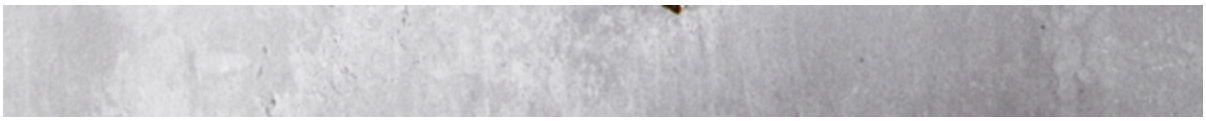
makes 12 to 18 balls

This plant-powered energy ball recipe is a balanced blend of proteins, carbohydrates, and sugars for that perfect afternoon or postworkout snack.

½ cup sesame seeds
½ cup dock seeds
1 cup whole-wheat flour
⅓ cup old-fashioned oats
½ teaspoon ground cinnamon
¼ teaspoon salt
⅔ cup crunchy peanut butter
½ cup honey

1. Spread the sesame and dock seeds in a hot, dry skillet over low heat. Taking care not to scorch the seeds, slowly roast them over low heat, stirring or shaking the pan every minute for 3 to 5 minutes, until fragrant and toasted. Transfer the toasted seeds to a wide, shallow bowl and let cool completely.
2. Whisk together the flour, oats, cinnamon, and salt in a large bowl. Add the peanut butter and honey and mix until thoroughly combined. Shape the mixture into teaspoon-size balls, then roll in the toasted seeds to evenly coat.
3. Serve at room temperature. Keep extra balls refrigerated.





ELDER

Sambucus nigra, S. canadensis
flowers, berries

CULINARY USES

When fresh, the elderflower has a fragrant, dusty odor. Honeybees adore the plant for its nectar and pollen, and in the kitchen, the flower pairs delightfully with honey. Consider infusing honey with elderflowers, or make a simple syrup for the cocktail bar using honey in lieu of cane sugar. The flavor of the elderflower is light and works well with other flavors that are equally light and not overpowering.

Either dry or fresh, elderflower can make a delightful tea that performs as a relaxant, and it will incite a bit of sweating when enjoyed hot. Because of this, the elderflower is commonly used for colds and flu to support a productive fever and relax tension from body aches.

You can easily make a homemade elderberry syrup with neutral-grain spirits and raw honey; fortify it with herbs like wild bee balm and yarrow. Not only is it more delicious than what you can find at the health food store, but homemade elderberry syrup is much more affordable. Consider adding monarda, yarrow, boneset, and catnip for a herbal-fortified elderberry elixir.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

The elder grows around the country in hedgerows, along edges of fields, in drainage ditches, and in other low-lying areas where water flows. It is a large shrub that begins bearing clusters of fruits when it is approximately 5 feet tall. Its bark is light gray with bumps, and its wood is brittle, unsuitable for building. Branches are hollow and filled with pith.

Elder leaves are opposite and compound, with five to seven leaflets that are smooth, lance-shaped, toothed, and between 2 and 6 inches long.

Around midsummer, the elder's white fragrant flowers unfold in terminal clusters on showy umbels, and blooms continue through midsummer. The deep purple and black berries ripen in mid- to late summer in a normal year, hanging heavy from the umbels in the bush, and are quickly eaten up by the birds.

Carefully gather the elder's flowers by cutting umbels from the bush, taking care to gather only the open blossoms. Use large baskets or boxes to hold the umbels so they are not crushed, and lay them flat on a screen to dry. Separate the dry flowers from the stem and store for later use. Remember that the elderflowers you harvest now will mean fewer berries later. So balance your harvest, particularly if elder isn't prolific in your area.

In late summer, gather only the umbels that carry dark purple to black berries. The berry harvest has a tendency to bring along a host of spiders into the kitchen (although I find this less of a nuisance and more a part of its magic). The berries don't need to be washed; in fact, washing can actually damage the very ripe, juicy fruit. So take care to gather berries that are free of dust or bird droppings. It is important to separate the berries from the stems before freezing or drying, as the stems have been known to cause stomach upset.

THINGS TO CONSIDER

The fast-growing, prolific elder can be easily propagated by cuttings. Because the elder loves wet, marshy areas, it's important to consider the water quality of its immediate watershed before harvesting in urban areas.

ELDERBERRY SYRUP

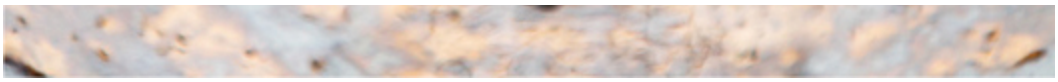
makes 1 quart

Elderberry syrup can be made from scratch and is significantly more cost-effective than purchasing brand-name elderberry at the health food store.

---

2 cups water
1 cup dried or fresh elderberries
2 tablespoons chopped fresh ginger
1 cup raw local honey
1 cup 80 proof alcohol

1. Combine the water, elderberries, and ginger in large saucepan. Bring to a boil, reduce the heat to low, and simmer for 20 minutes.
2. Strain the mixture through a fine-mesh sieve into a clean quart canning jar. Press on the solids to extract the liquid; discard the solids.
3. Stir in the honey and alcohol, screw on the jar lid, and shake well to mix. Divide the syrup into smaller containers or dropper bottles for easy use, if you'd like.
4. At the first signs of a cold or flu, take 2 tablespoons of the syrup every hour for up to 5 days. The elixir will keep in the refrigerator for up to 6 months.



FIELD GARLIC

Allium vineale
leaves, flowers, bulbs

CULINARY USES

Field garlic has a garlicky onion flavor. The green tops are delicious used in place of grocery-store scallions in herbed salads and as a garnish. The bulb can be used in cooking, but it can be fibrous if not puréed or cooked down to make it more tender. Both the bulb and tops add a welcome fresh and wild flavor to spring dishes after a long winter of using dried and grocery-store herbs in the kitchen.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Wild field garlic is a cool-weather, clumping, perennial bulb. It's shade tolerant and grows in rich, well-drained soil along the edges of fields and woods. One of field garlic's fail-safe identifiers: the entire plant is edible and smells noticeably like a pungent, acrid, garlicky onion.

The leaves are long and hollow, growing to heights of up to 36 inches. Field garlic is one of the earliest spring herbs and can often be found when the snow melts back. It flowers in late spring, producing a round head of small, purple, edible florets. It prefers cool weather and dies back in summer, but it will return with fall rains.

THINGS TO CONSIDER

Because field garlic is a bulb, when you harvest the bulb, you are removing the entire plant from the soil. Clipping the edible tops is the more sustainable way to enjoy this plant.

WILD GARLIC FLATBREADS

makes 6 flatbreads

Whether you have an appetizer of cheeses or need a complement to a curry or pesto, these wild garlic flatbreads are the perfect accompaniment to wild flavors across all courses of a meal.

---

1 ¼ cups all-purpose flour, sifted, plus more for dusting (see Note)
½ teaspoon sea salt, plus more for sprinkling
4 tablespoons butter, melted
½ to ⅔ cup warm water
½ cup finely chopped wild garlic leaves, plus more if desired
1 to 2 tablespoons vegetable oil, for brushing

1. Combine the flour and salt in a mixing bowl and add half the melted butter. Add ½ cup warm water to the flour and begin to form a soft, slightly sticky dough ball. Add the remaining water if the dough is too dry.
2. Turn out the dough on a flour-dusted work surface, then knead until the dough has a smooth texture, is pliable, and stretches a bit.
3. Divide the dough into 6 equal pieces and shape into balls. With a rolling pin, roll out each ball into a thin flatbread. Brush each flatbread with some of the remaining melted butter and add a sprinkle of the wild garlic.
4. Re-form each flatbread into individual balls to incorporate the garlic, then do a final rollout so each flatbread is about ¼ inch thick. Brush each flatbread with oil on both sides and sprinkle with salt.
5. Heat a skillet or griddle over medium heat. Fry each flatbread for 3 to 5 minutes on a side, until both sides are golden brown and crispy. Serve warm.

   Note: A gluten-free flour blend can be used instead of the all-purpose flour.

GARLIC MUSTARD

Alliaria petiolata
leaves, flowers, seeds

CULINARY USES

Abundant at the forest's edge, along roadsides, and on river floodplains, garlic mustard is deemed by many as a noxious, invasive species that chokes out native vegetation. But we mustn't forget that garlic mustard is a highly nutritious spring green.

One of the most popular ways to prepare garlic mustard greens is as a versatile, delicious pesto. Want to prepare a large batch? Pesto can be made without nuts and frozen into ice-cube-size portions that will last for several months until the local basil is ready for harvest. Add the nuts later, when you are ready to serve the dish. The pesto can be stirred into pasta, added to soups (like a French soupe au pistou), served on crackers with cheese as an elegant appetizer, or even used as a base for a wild foods pizza of local morels, homemade soft cheese, and wild onion. In other dishes, partner garlic mustard with complementary flavors like parsley, walnuts, and lemon to suit your palate.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Garlic mustard is an early-spring biennial. It is shade tolerant and likes rich, well-drained soil. Widespread across the forest floor and along the edges of wooded areas, it is one of the first spring greens foragers can enjoy after a long winter. In urban areas, it is widely distributed in areas of disturbed soil.

In its first year, garlic mustard grows as a basal rosette of green, heart-shaped leaves. In its second year, the plant sends up as many as six flower stalks about 40 inches tall. The white flowers, each with four petals, grow

in tight clusters. Seeds ripen and are dispersed in late spring and into early summer.

Both the first-year basal rosettes as well as the second-year plant are edible, until the plant begins to flower. As with many early-spring greens, the flavors of garlic mustard are predominantly bitter. Different parts of the plant, as well the age of the plant, can affect the degree of bitterness. The early basal roots are more bitter in spring, turning sweeter in fall after a frost.

Frequently the entire plant is pulled before it goes to flower to help maintain control of the population. Try to work clean in removing the plant from the soil, as this will mean less soil to remove in the kitchen. If you don’t harvest the entire plant and want to gather only the leaves, kitchen shears can easily trim the edible greens. The stems are best harvested before the flower buds appear or open. Trim these succulent stalks of their leaves and discard the leaves before cooking.

THINGS TO CONSIDER

Garlic mustard thrives on disturbed land and areas under development. It is a winter-hardy biennial plant and can reproduce lightning fast in its second year, able to produce hundreds of seeds once it goes to flower. Those seeds remain viable in the soil for many years. So if you want to eliminate the plant, pull it before it sets out its showy white flowers. Be sure to replant the area with other plants native to the area to help reestablish the disturbed space and prevent another garlic mustard invasion.

GARLIC MUSTARD PESTO

makes 4 cups

This versatile, delicious recipe can be adjusted (the lovely thing about pesto) to suit personal taste preferences and the flavor of the garlic mustard being harvested. Use this sauce in similar ways to traditional basil pesto: over crackers, on pizza, with pasta, in soup … the options are limitless.

---

4 cups garlic mustard leaves and stems, washed
1 cup wild chives
1 cup wild garlic scapes
1 cup walnuts
4 tablespoons coconut oil
1 cup parsley (optional)
1 teaspoon sea salt
Finely ground black pepper
Lemon juice

1. Combine the garlic mustard, chives, garlic scapes, walnuts, and oil in a food processor and purée until the mixture has a nice pesto consistency.
2. Add the parsley, if using, and pulse again. Season with the salt, then add pepper and lemon juice to taste. Serve immediately or refrigerate.

GINKGO

Ginkgo biloba
leaves, nuts

CULINARY USES

The ginkgo nut is promoted as a brain food, as it offers a mineral combination of phosphorus, potassium, copper, thiamine, and niacin. Once shelled, the nut should be roasted, toasted, or boiled to improve and maximize digestibility.

The ginkgo nut has a unique flavor with a lingering backnote of ripe cheese. It pairs well with bitter greens in salads, cheeses, and balsamic vinegars and dressings, as well as with crisp white wine.

The cooked nuts are a popular food in Asian dishes such as congee and egg custard. They are also a favorite of older Chinese women who gather in parks as the fruits fall from the tree. While both the ginkgo nut and leaf are traditional herbal medicines in China and Asia, the leaf is popular in Western herbal medicine and is commonly found as a dry tea in health food stores, purporting benefits for brain health. The yellowed, dry leaves can be prepared for tea; boiling the leaves extracts the most minerals for the brew.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

While the ginkgo tree prefers rich, well-drained soil, it is drought tolerant and thrives in a variety of growing conditions, including polluted urban environments. Ginkgos in the wild are known to grow up to 100 feet tall, but it is more common to find the tree growing between 30 and 60 feet tall, particularly if it is planted as a landscape ornamental. Its bark is gray and becomes cracked and deeply furrowed as it ages.

Ginkgo leaves are uniquely shaped and textured, which makes them easy to identify. The leaves are handsomely lobed and deeply veined with a

kelly green color in summer turning golden in fall. There are male trees and female trees.

The leaves of the ginkgo are ready for harvest when they turn a golden yellow hue in late fall, about the time of the first frost. If you haven't identified the ginkgo by its unique leaf, then your nose might help you locate one in late fall as the leaves change color. The putrid odor of the ginkgo fruit is unmistakable: it has a sharp, ripe smell, reminiscent of a rotting cheese (or a good smelly cheese, depending on your stance).

Gather from trees that are not along a main thoroughfare or in heavily trafficked urban areas. The leaves are easily collected by placing a sheet beneath a tree or branch and shaking the plant. Dry the leaves on a screen or in a food dehydrator for use in tea.

Wear gloves when you gather the female fruits as they fall to the ground (the compounds in the ripe fruit can irritate sensitive skin and cause a dermatitis-like rash in some people). Take the fruits back to the kitchen and, while still wearing gloves, remove and compost the pulp from the nut. Dry the green nut completely in a dehydrator or oven, then the edible green nut can be easily cracked open and shelled.

THINGS TO CONSIDER

Common city and landscape trees, ginkgoes are tolerant of excess city pollution. Gather the leaves and nuts in areas away from car and industrial contamination. Ginkgo is a common wild and ornamental tree across the continent, and you can gather the fruits and falling leaves without affecting future harvests.

JAPANESE EGG CUSTARD WITH GINKGO AND SHIITAKE

serves 4

This egg custard is based on chawanmushi, the traditional Japanese egg custard dish. It is a savory dish that can be enjoyed as an appetizer to a meal of sushi, tempura, and fish.

---

1 egg
½ cup dashi
½ teaspoon mirin
½ teaspoon soy sauce
¼ teaspoon kosher or sea salt
2 dried shiitake mushrooms, rehydrated in water and drained
24 ginkgo nuts, shelled and precooked
½ cup thinly sliced carrots
½ cup chopped scallions

1. Preheat the oven to 325˚F.
2. Whisk the egg in a medium bowl. Add the dashi, mirin, soy sauce, and salt and whisk together.
3. Evenly divide the shiitakes, ginkgo nuts, carrots, and scallions among four 3-inch ramekins. Gently pour the egg mixture into the ramekins, covering the vegetable mixture.
4. Pour 1 to 2 inches of water into a baking dish. This will serve as a bain-marie to cook the custard. Set the ramekins in the dish and cover the pan loosely with foil.
5. Slide the bain-marie into the oven and bake the custard for 25 to 30 minutes, until the liquid is clear and a skewer inserted in the custard comes out clean. Serve immediately.

GOLDENROD

***Solidago* species**
leaves, flowers

CULINARY USES

Goldenrod's flowers and leaves are aromatic and predominantly bitter. The plant is also astringent, leaving your tongue dry when you taste the leaves or drink tea made from it. The flowers and leaves can make a brightly flavored bitter useful in various cocktail recipes or summer shandies.

For beer brewers, goldenrod has a pleasant combination of aromatic high note (almost citrusy) and bitter that can be a nice addition to a crisp Belgian-style ale or other light-style brew. Add goldenrod in the second fermentation of a brew process as the longer the process, the more prominent the bitter flavor becomes and the less aromatic it will be.

Chewing the goldenrod flowers or even a leaf or two in the field has a carminative effect that can aid an upset stomach. A tea can help as well. A longer hot brew can make goldenrod tea quite bitter, so steep for only a few minutes, covered, then strain to prevent any of the plant hairs from causing irritation.

Prepared as a hot tea, a brew of the dried or fresh goldenrod will be slightly aromatic and predominantly bitter (sending a shudder up and down your spine) and astringent (that dry-up-your-mouth sensation). The astringent tea is helpful during hay fever season as well as during a cat allergy attack.

Contrary to popular belief, goldenrod is not the cause of hay fever in summer. Ragweed (*Ambrosia* species) can be blamed for that, as its pollen is microscopic and windborne. Goldenrod pollen is too heavy to be airborne and thus is not the source of late-summer hay fever.

In fact, goldenrod is the hay fever allergy antidote: the tea can effectively dry up leaky-drippy eyes and noses and help soothe postnasal drip that happens from not only summer allergies but also spring and animal dander allergies. Combining goldenrod with ground ivy, nettle, and New England aster in tea makes for excellent allergy relief, and can dry leaky-drippy allergy symptoms.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

There are well over 20 species of goldenrod distributed across the country, and all possess similar properties and can be used interchangeably. Goldenrod is a handsome and stately native wildflower that blooms in the sun of high summer into early fall. It is a clumping perennial that stands up to 5 feet tall.

Goldenrod's oblong and lanceolate leaves begin in a basal rosette. From the rosette upward, oblong, silvery green, hairy leaves alternate up the stalk. The plant blooms in late summer (as early as mid-August in some areas), and its small, hairy, yellow flowers, arranged in dense sprays, hang heavy in the summer sun.

The Latin word for goldenrod is *solidago*, with the root, *sol*, meaning "sun." Goldenrod loves to grow in open fields in full sun. Honeybees will be busy in the goldenrod beneath the sunshine, gathering nectar and pollen, and their activity signifies an opportune time to gather the plant. Use your senses of taste and smell to determine which plants have the most aromatics.

Gather the full stalks of leaves and flower sprays in warm, dry, and sunny weather. Don't harvest the plant on a wet and rainy day: the plant will be less aromatic in damp weather. Drying the flowers can be a challenge, as the asterlike blossoms will dry, go to seed nearly immediately, and make a frustrating mess. Dry the hanging bundles inside a loose-fitting paper bag to catch the drying, opening, and puffy flowers.

THINGS TO CONSIDER

Goldenrod is a wildflower increasingly facing habitat loss. Incorporate this plant into wildflower gardens for pollinators. As a perennial, goldenrod will

continue to grow and prosper, making it easy to have sustainable future harvests.

LEAKY-DRIPPY ALLERGY TEA

makes 2 cups

Goldenrod is an excellent hay fever allergy antidote. This recipe combines mint and goldenrod, but you could also blend goldenrod with New England aster, nettle, and ground ivy to effectively dry up the runny nose and eyes caused by allergies.

---

3 tablespoons fresh or dry goldenrod flowers and leaves
3 tablespoons fresh mint (a small handful)
2 cups water

1. Place the goldenrod and mint in a French press. Alternatively, mix the botanicals together, spoon the mixture evenly into two tea bags, and set each bag in a mug.
2. Heat the water to 200˚ to 210˚F (the temperature for tea) and pour over the herbs in the press or mugs.
3. Steep the herbs, covered, for 5 to 7 minutes. Drink hot, or chill and serve over ice.

GROUND IVY

Glechoma hederacea
creeping Charlie, gill-over-the-ground
leaves, flowers, stems

CULINARY USES

While some homeowners will declare ground ivy to be the enemy of a perfect lawn, it is a useful herbal remedy. Ground ivy is an aromatic and astringent plant that is helpful in alleviating head and chest congestion and can soothe leaky and drippy sinuses.

To treat head and chest congestion, prepare the ground ivy as a hot tea (cover while steeping to preserve the aromatics). This also makes for a chest-clearing steam inhalation. To dry up leaky-drippy sinus congestion caused by hay fever, environmental allergies, or cat allergies, mix ground ivy tincture with equal parts nettle, New England aster, and goldenrod and stop the runny nose in its tracks.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Ground ivy is a creeping mint-family plant, growing not much more than 6 inches off the ground. It spreads by runners. It has square stems and small, soft, opposite, heart-shaped leaves. Small purple flowers bloom in late spring, and the plant has a fragrant mint scent when crushed.

This minty aroma is noticeable in spring when folks begin to cut their lawn. Interspersed with dandelions, dock, and grass, ground ivy sometimes grows thick like a carpet.

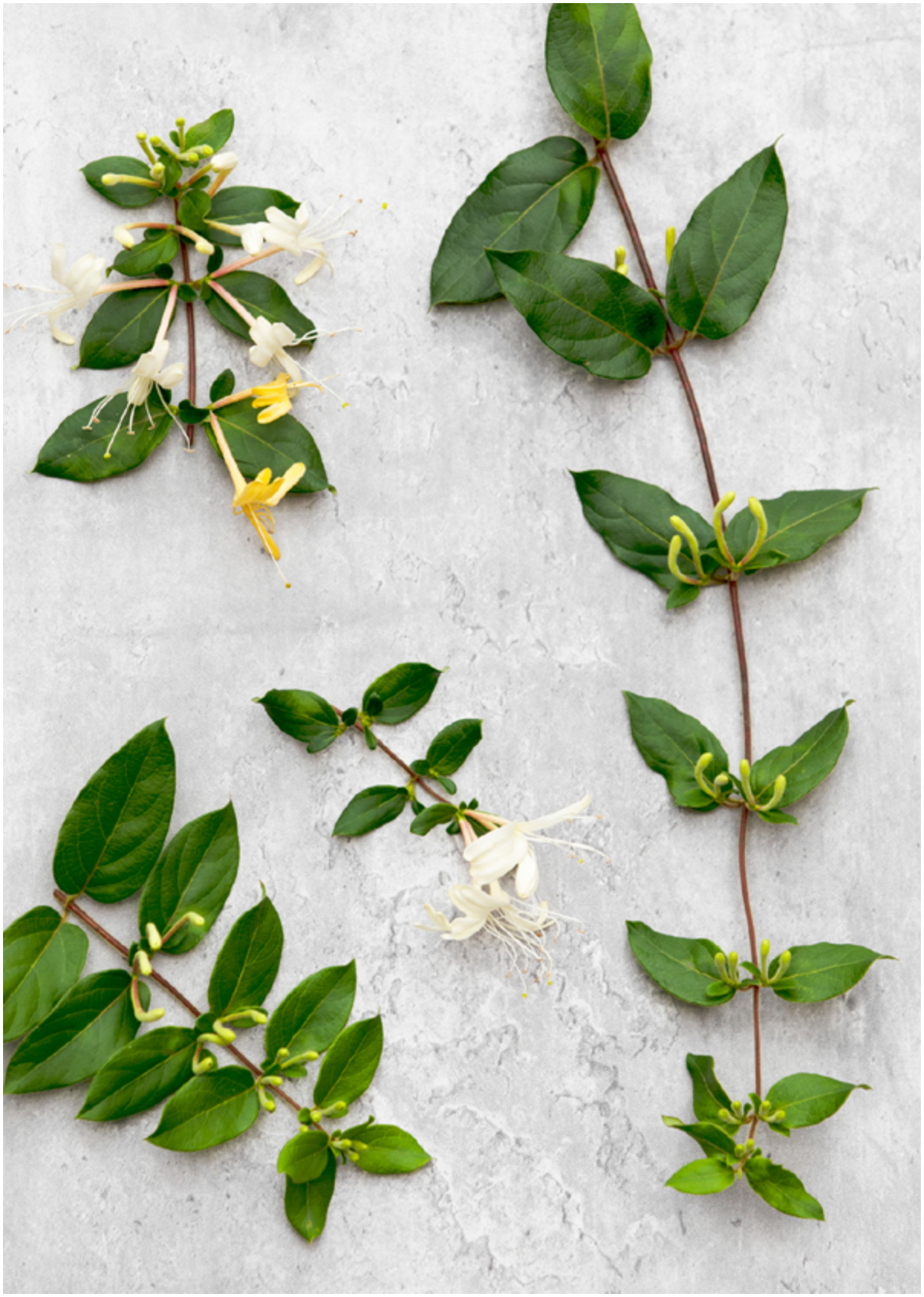
Ground ivy can easily be picked by hand or with kitchen shears, but take care to not also cut in grasses, or you will be picking out those blades in the kitchen. Gather ground ivy as cleanly as possible, as it is difficult to remove embedded dust and debris from the small hairs on the plant, even with

washing. Take note that washing will “wash” out the aromatics of the plant as well.

After ground ivy blooms, it will begin to die back a bit and turn dry and rough like many other mints. Use ground ivy fresh, as the aromatics are significantly lost with drying or dehydrating. Other mints, like *Monarda* species, are better choices if you want to dry an aromatic mint-family plant for tea.

THINGS TO CONSIDER

Ground ivy is known to take up minerals into its stem and leaves, so gather in an area where you are familiar with the soil quality.



HONEYSUCKLE

Lonicera japonica
flowers

CULINARY USES

Honeysuckle grows wild over almost everything. Its sweet aroma resembles that of the intoxicating jasmine or orange blossom. As a culinary herb, honeysuckle makes a wonderful iced tea or decadently flavored infused honey.

To preserve this seductive flower's enticing aroma in honey, simply gather fresh, unwilted blossoms and add them to a jar. Cover them with raw honey and let infuse for at least several weeks, occasionally turning the jar upside down to stir up the plant material. The aroma seeps into the honey, which should be eaten in the most decadent manner: spooned over a good sharp cheddar cheese or perhaps a fresh goat cheese. It's also nice on toast. Serve the honey with or without the blossoms.

A cool infusion of honeysuckle combined with rose petals and lemon balm—and garnished with fresh mint—makes for a refreshing and aromatic iced tea. A hot preparation of honeysuckle flowers (dried or fresh) reduces the aromatics slightly and makes for a bitter, relaxing tea.

As a plant medicine, the honeysuckle blossom is aromatic, bitter, and diaphoretic. It is a useful herb to take at the onset of a cold or flu, particularly where there is a chill or excess heat and the body initiates a fever to ward off a virus. Honeysuckle can be used in place of elderflower as a relaxant febrifuge (fever reducer), and it combines well with monarda or other mints, yarrow, and boneset.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Several varieties of honeysuckle grow across the country. *Lonicera japonica* is the most fragrant of these: a vining plant with opposite, oblong, glossy leaves that can sometimes remain on the plant throughout winter, though it is not always evergreen in colder climates.

The flowers are white and tubular, and they form in pairs along the stem. The flower is very aromatic, similar in scent to jasmine or orange blossom, but its taste is predominantly bitter. The nectar inside the base of the flower, however, is sweet and tasty. The white flower fades to a light yellow as the flower ages. Its berries are black and inedible.

Japanese honeysuckle grows wild over almost everything—fences, bushes, fallen trees at the edges of woods and in the woods. It is a rambling vine that loves to climb. It can handle shade and it is found in stream valleys as well as in hot, dry waste places. Look for the blossoms in early summer as temperatures begin to warm and their scent hangs heavy on the breeze. Pick the flowers by hand and, because they quickly wilt, preserve them in honey, make a tincture, or dry them for tea and store in an airtight container to preserve the sweet aromatics.

THINGS TO CONSIDER

The vining honeysuckle is an invasive plant, and gathering the flowers will not affect its future growth significantly.

HONEYSUCKLE HONEY

makes 1 cup

Preserve the beguiling scent of honeysuckle by infusing raw honey with fresh blossoms. The resulting treat is delicious served alongside a platter of cheeses or drizzled over plain yogurt for a sweet snack.

---

1 cup fresh honeysuckle flowers
1 cup raw honey

1. Place the blossoms in a sterilized canning jar. Add the honey and gently stir with a knife to release any air pockets and to coat the flowers with honey. Wipe the jar rim with a clean cloth and cover with a tea towel.
2. Let the honey infuse for 3 to 5 days at room temperaure, then refrigerate and use within 2 weeks.

HYSSOP

Agastache scrophulariifolia
purple giant hyssop
leaves, stems, flowers

CULINARY USES

The flavors of hyssop make for a delightful addition to a refreshing summer fruit salad. A cold infusion of hyssop with lemon balm, lavender, and rose petals is refreshing as an iced tea. A hyssop simple syrup can be made for the cocktail cart and used in fun herbal martinis and summer drinks.

Hyssop is also a classic remedy for colds, hacking coughs, and congestion. Prepared as a hot tea, hyssop is a soothing remedy that tastes delicious sweetened with honey. Add rose or elderflower to make an even more flavorful cup of tea.

In addition, gather the plant to make soothing cough drops, cough syrups, and herbal pastilles. Dried hyssop can be ground and prepared into a useful and soothing throat drop made simply with the powdered herb and honey, or combined with equal parts powdered rose petal, licorice root, sage, slippery elm, and marshmallow root. The cough drop can soothe a dry, scratchy throat and facilitate expectoration of stuck mucus in the lungs. Or infuse hyssop into honey with herbs like mullein leaf, cherry bark, licorice root, slippery elm, and marshmallow root to soothe and calm spasmodic coughing and facilitate more-productive expectoration.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

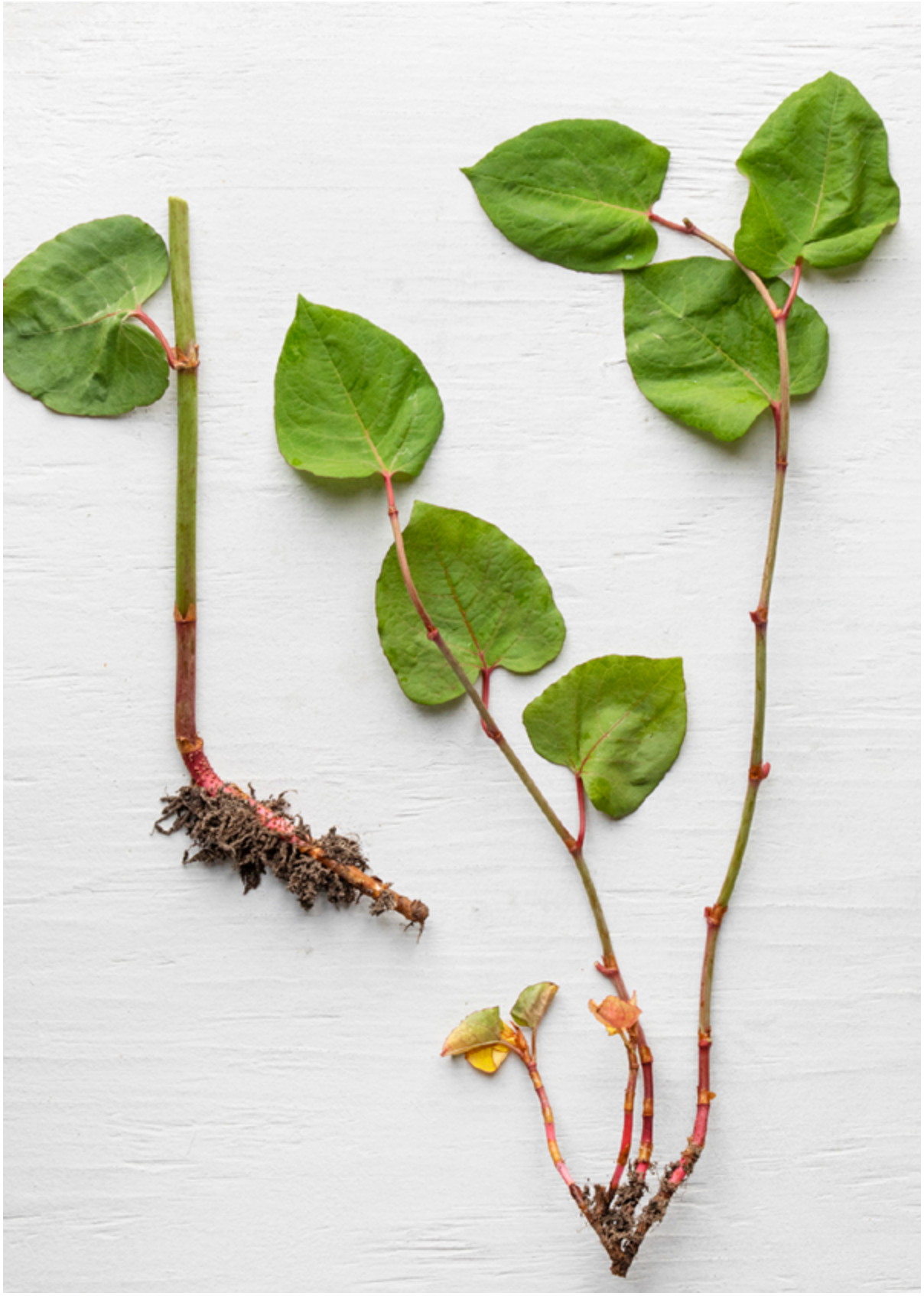
The wild hyssop is a clumping perennial mint-family plant. It can grow quite tall, up to 3 to 6 feet in height. It has square stems, opposite ovate and pointed leaves, and a long pinkish purple flower spike that blooms in mid-

to late summer. It is very aromatic and attracts many honeybees for its pollen and nectar.

Wild hyssop loves damp soil and is found along the edges of woodlands in partly sunny areas, often alongside other native wildflowers like yarrow and wild bee balm. Harvest a stem here and there from each plant, taking care to not disturb the bees collecting nectar and pollen. Bundle and dry the stems for tea, herbal pastilles, and cough drops, or prepare it fresh into cough syrups or tinctures. Store the dried stems in an airtight container to preserve the hyssop's aromatics.

THINGS TO CONSIDER

The wild hyssop isn't rare, but it also isn't as prolific across the continent as it once was. Habitat loss has affected this plant, and you can assist with its future sustainability by propagating the plant with cuttings. The honeybees will appreciate your effort.



JAPANESE KNOTWEED

Polygonum cuspidatum* or *Fallopia japonica
stalks

CULINARY USES

The tender stalks of Japanese knotweed are best gathered in spring and stripped of leaves for use in pies, compotes, and fruit jams. The early-spring shoots are crunchy with a tart, citrusy flavor similar to that of spring rhubarb. Its bright flavors make for a tart simple syrup, good for use in cocktail recipes.

The larger stalks can be prepared as you would use rhubarb (unless you are cooking them, then the stalks soften significantly) in summer fruit compotes, jams, or pies. Because summer fruit ripens much later than when you harvest Japanese knotweed, the knotweed's stalks can be chopped and frozen for later use.

Japanese knotweed is considered to be a natural laxative, so take this quality into consideration when you use it in recipes (though the flavors of the stalks do tend to naturally limit its consumption).

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Perennial Japanese knotweed's woody, bamboolike leafy stalks grow in dense stands, towering in heights up to 10 feet. The new shoots emerge in early spring and are hollow and jointed with red flecks at the joints along the stem. Leaves are heart-shaped, bright green, and arranged alternately along the stem. The plant goes to flower in late summer into early fall, producing feathery clusters of dainty white blossoms.

Japanese knotweed spreads voraciously, lining ditches, streambeds, and woodland fields where there is damp soil. To find a stand, look for tall

stalks left from the previous year, as their woody, jointed stems last well into the winter season.

Before gathering, be sure the area where you harvest hasn't been treated with an herbicide meant to eradicate the plant. Look at surrounding vegetation for visible signs of plant burn, or ask the landowner or park manager about previous herbicide treatment.

Gather smaller, new shoots of Japanese knotweed in early spring until they are 8 to 10 inches tall; after that, they become woody and inedible. The stalks can be snapped off or trimmed with pruners.

THINGS TO CONSIDER

Japanese knotweed is at the top of nearly all invasive-plant Most Wanted lists. It has virtually no known predator, other than foragers, to keep its spread in check.

STRAWBERRY-KNOTWEED PIE

makes one 9-inch pie

This take on the classic strawberry-rhubarb pie replaces the rhubarb with Japanese knotweed. Serve with heaping spoonfuls of whipped cream, crème fraîche, or vanilla ice cream. Garnish with lavender blossoms for a delightful herbal top note.

Butter, for the pan
1 (9-inch) piecrust dough
4 cups strawberries
2 cups trimmed and chopped Japanese knotweed stalks
¾ cup sugar
¼ cup cornstarch
¼ teaspoon salt

1. Preheat the oven to 350˚F. Butter a 9-inch pie plate and line it with the piecrust dough.
2. Combine the strawberries, knotweed, sugar, cornstarch, and salt in a mixing bowl. Stir well, then spoon into the prepared piecrust.
3. Bake for 50 minutes, until the filling begins to gel and the crust turns golden brown. Cool completely before serving.

LAMB’S QUARTERS

Chenopodium album
leaves, seeds

CULINARY USES

Lamb’s quarters has a mild, neutral flavor for greens. Because of their nutritious mineral content, stirring these wild greens into a meal is a great way to add nutrition to any dish. This plant is best prepared as a cooked green. Sautéed in butter, lamb’s quarters greens work well arranged atop a pizza, integrated into a vegetable lasagna, or stirred into scrambled eggs or quiche. Add them to a risotto or wrap them into enchiladas.

The greens work nicely in spring soups, especially with new potatoes as in a traditional Irish colcannon or a creamy leek soup. Or blanch and freeze the greens to preserve them for later use.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Lamb’s quarters is a common annual plant found in disturbed soil, fields, and waste places—including urban lots. It grows as tall as 5 feet high, with silvery, alternate, diamond-shaped leaves. Smaller, elliptically shaped leaves grow immediately beneath the primary leaves. Lamb’s quarters blooms in midsummer with small green blossoms arranged in branching clusters. The edible seeds are small, shiny, black, and ready to harvest by midautumn.

Lamb’s quarters is drought tolerant and can grow abundantly in poor-quality soils. The plant can be gathered across the season. Early in its growth, the entire plant is still tender, and both leaves and stems can be gathered. The plant is not aromatic and has a neutral green flavor similar to spinach.

As the plant grows across the season, the stem becomes woody. But the leaves can still be used—just trim the leaves off the stalk by hand. Gathering the seeds is a tedious process. You'll probably choose to focus on other seeds that are more abundant and that will give you a greater return on effort, like dock seeds.

THINGS TO CONSIDER

Lamb's quarters grow abundantly in waste places. You can easily propagate it by scattering seeds in fall. The plant may take up heavy metals and nitrates, so be sure to harvest from a pollution-free area. Be particularly aware of areas with potential lead or arsenic concentrations in the soil.

COLCANNON WITH LAMB'S QUARTERS

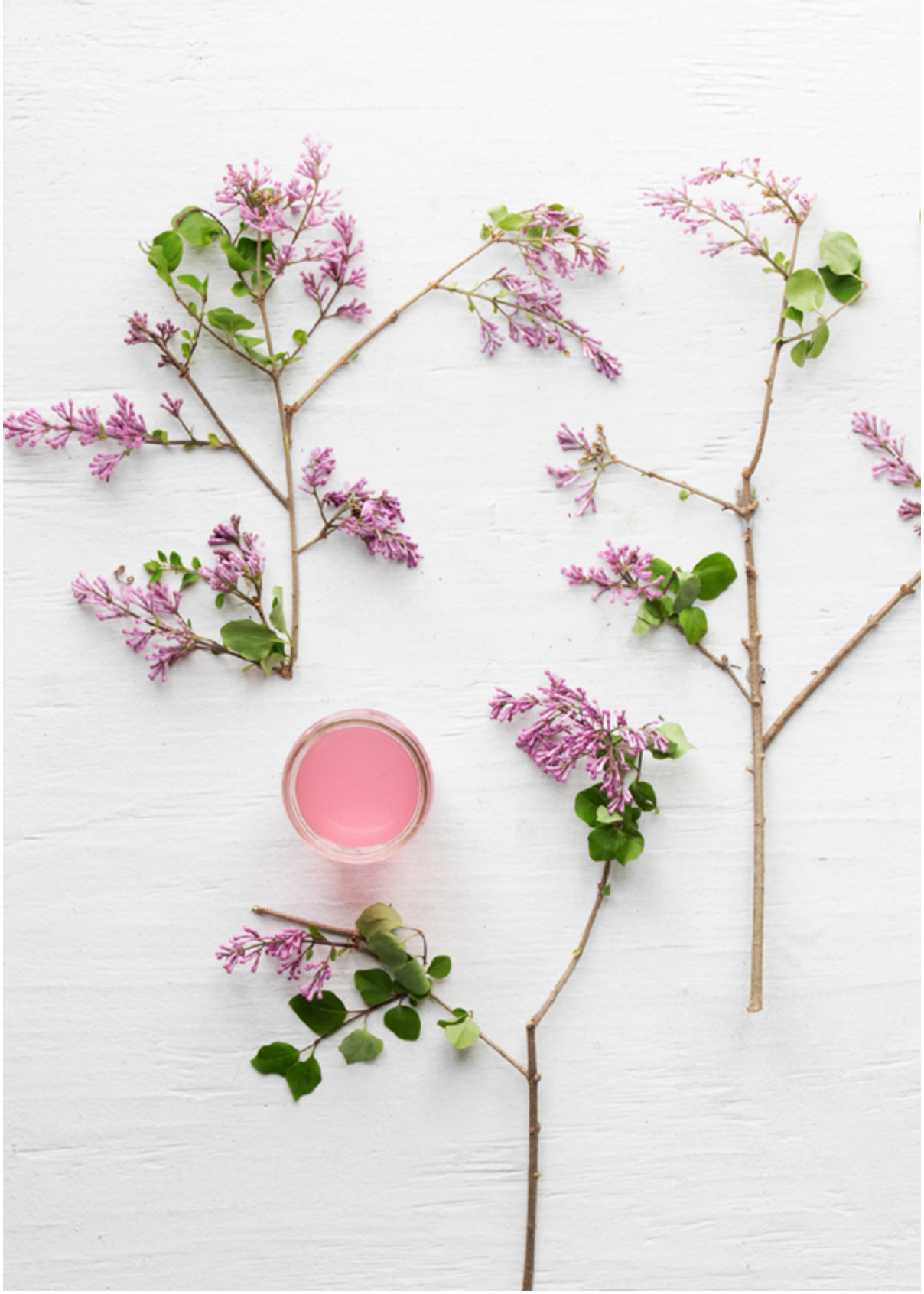
serves 6 to 8

Colcannon is a traditional Irish dish made from potatoes, cabbage or kale, scallions, and cream. This recipe celebrates the unassuming yet nutritious lamb's quarters front and center for an extra punch of nutrition and color.

---

4 to 6 large new potatoes (2 to 2 ½ pounds), peeled and cut into chunks
5 to 6 tablespoons unsalted butter, plus more for serving
3 lightly packed cups chopped lamb's quarters
1 cup chopped scallions, green garlic, or onions
1 cup heavy cream
Salt
½ cup chopped parsley, for garnish

1. In a large pot, cover the potatoes with an inch or two of water and cook for about 20 minutes, until the potatoes are tender. Drain and set aside.
2. In the same pot, melt the butter over medium heat. Add the lamb's quarters and ½ cup of the scallions and cook until wilted.
3. Return the boiled potatoes to the pot and pour in the cream. Reduce the heat to medium. Using a fork or masher, mash the potatoes and cream, incorporating them with the greens.
4. Season to taste with salt and serve hot, topping the mash with a dollop of butter and garnishing with the remaining chopped scallion and the parsley.



LILAC

Syringa vulgaris
flowers

CULINARY USES

Lilac is one of those magical scents of spring. But don't relegate the plant to only cut flowers. Gather its blossoms and bring them into the kitchen, preserving their fragrance for use in drinks, confections, and desserts.

Lilac has a memorable springtime scent that can be captured in an aromatic simple syrup or lilac jelly. Lilac syrup can be used in refreshing cocktail recipes, lemonades, and soda spritzers. Lilac jelly can be used on pastries and shortbreads or as an accompaniment (with fresh flowers as a garnish, of course) to French madeleines. It can also be spread over fresh spring goat cheese with spring chives for a savory and beautiful appetizer.

The flower's scent can be infused directly into granulated sugar (allow two weeks for the aromatics to scent the sugar) and used for baking projects. It's particularly delightful in shortbreads and sugar cookie recipes, and it would be delicious as a light flavoring in ice cream or plain yogurt.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Lilac is a European shrub that grows to heights of 15 feet. Commonly planted as an ornamental, it can also be found growing wild along hedgerows and fences. It has dense branches with bark that is smooth and gray when young. As the branches grow older and larger in diameter, the bark becomes grayish brown and shreds. The leaves are simple, ovate, green, and shiny. Lilac blooms in late spring, with showy flower heads (panicles) of sweetly aromatic and edible flowers that range in color from white to purple.

Collect the flower heads (be sure to obtain permission if you are gathering from someone's private garden) on a dry, sunny day. In the kitchen, process them immediately, as the flowers quickly wilt and do not tolerate refrigerated storage for a significant amount of time.

THINGS TO CONSIDER

Lilac is a common ornamental plant across North America. It is easily propagated with cuttings or from seed and can add beauty to an open urban lot or community garden.

LILAC JELLY

makes 4 cups

Lilac jelly's delicate fragrance and lovely color bring pops of spring to any platter of tea cakes or pastries and shortbreads. Be sure to have all your canning supplies on hand and sterilized before starting the recipe.

---

4 cups lilac flowers, destemmed and free of debris
4 cups boiling water
2 tablespoons lemon juice
4 cups sugar
3 ounces liquid pectin

1. Place the flowers in a clean quart canning jar and cover with the boiling water. Press down on the flowers until they are submerged, then stir the water to release any air bubbles. Cover the jar and let the lilac infusion steep overnight. The infusion will develop a light violet color.
2. The next day, bring a large pot of water to a boil.
3. Strain the infusion through a fine-mesh sieve into a medium saucepan, pressing down on the flowers to extract all the liquid; discard the solids. Stir in the lemon juice.
4. Bring the mixture to a boil, then add the sugar and pectin. Following the directions on the pectin package, prepare the jelly. Turn off the heat and skim any foam from the top.
5. Pour the jelly into sterilized jelly jars, leaving about ¼ inch of headspace. Wipe the rims clean. Apply the jar lids and screw on tightly.
6. Process the jelly in the boiling-water bath (the large pot of boiling water) for 10 minutes. Carefully remove the jars and let sit undisturbed for 12 to 24 hours before handling and storing.

MONARDA

Monarda fistulosa
wild bee balm, sweet leaf
flowers, leaves

CULINARY USES

As a culinary spice, monarda can be included in recipes calling for Italian seasoning combinations, such as pizzas, pasta sauces, and chili. Its leaves can be used as a culinary seasoning similar to oregano. Infusing this spicy herb into olive oil can result in a versatile aromatic oil used as a dipping oil for breads and as a base for salad dressings.

Monarda can be infused into cold water for a refreshing summer iced tea. Monarda leaves and flowers can be extracted in raw, local honey and served on toast or as a complement to a platter of fresh, local goat cheeses and Bries. The honey can flavor meringues, cake icings, tea cakes, and other baked goods.

Prepared as a warming tea, monarda's spicy aromatics can dispel the damp chill of a rainy day and can stimulate circulation in cold hands and feet. Monarda brewed with elderflowers and a pinch of yarrow is one of the classic tea preparations that helps fight off the cold and flu. It can be very soothing for a person with fever and chills, and will help induce sweating.

Monarda can be used to quell an upset stomach (but take only small sips in the case of vomiting, as the *Monarda* species can be too aromatic sometimes in this case). The leaves and flowers can be used fresh or dried for tea.

Monarda's fresh flowers and leaves can be infused in honey for a topical ointment for burns and fungal infections and can be added to hot tea or water to soothe a sore throat. Wild bergamot blends well with yarrow, elderflower, sage, thyme, and catnip to make a calming tea.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Monarda fistulosa is a perennial native plant from the mint family. Typically 24 to 36 inches tall, it grows in patches in sunny open fields, often interspersed with black-eyed Susan, Queen Anne's lace, and goldenrod. *M. fistulosa* is a relative of common bee balm (*M. didyma*) and also of spotted bee balm (*M. punctata*) and can be used interchangeably in both cooking and herbal medicine.

The stem is square, the leaves opposite and slightly toothed and hairy. The blooms of monarda are showy, with individual pink blossoms radiating from the center seed head. Monarda blooms in full sun right in midsummer, in some areas around the Fourth of July.

The fresh spring leaves and stems of monarda can be gathered anytime and used in the kitchen fresh or dried.. In summer, the stems can be gathered, bundled, and dried for use as tea in winter. Store all fully dry plant material in airtight containers to preserve the aromatics.

THINGS TO CONSIDER

This easy-to-grow perennial is a pollinator magnet, so it's important to maintain it in the landscape. Depending on the size of the stand, do not cut down entire plants for their stems, as nothing will be left for butterflies and honeybees. Monarda can be propagated by cuttings as well as by transplanting clumps in fall. Preserving open space for native wildflowers will also support the long-term survival of this beautiful plant.

COLD AND FLU FIRST RESPONDER: GYPSY TEA

makes 2 cups

While I down tablespoons of elderberry syrup when I start to get sick, you will also find me making pots of my favorite tea traditionally known as gypsy tea—a formula that goes back generations. It's a blend of aromatic mints, bitter yarrow, and relaxant elderflower. I add echinacea for its immune-boosting power, and sometimes I include garden herbs like sage and thyme for extra aromatics. If you really feel crummy, consider making a large thermos of this hot tea and keeping it by the bedside—then put on a hat to keep warm (as Grandma says!), take to bed, and rest to support the body's immune system while the tea works to make you well.

---

2 tablespoons elderflower
2 tablespoons monarda (I prefer wild bee balm, **Monarda fistulosa)** ***or peppermint***
1 tablespoon echinacea
1 tablespoon yarrow
4 cups boiling water

1. Place the elderflower, monarda, echinacea, and yarrow in a French press and top with the boiling water. Alternatively, put the herbs directly in a pot of boiling water.
2. Cover, let steep for 5 minutes, press the plunger or strain the herbs, and drink hot.

MULBERRY

Morus alba, M. rubra
berries

CULINARY USES

The delight of encountering such an abundant berry—especially in urban areas—makes mulberry a special summer treat. Mulberries are one of the first berries of summer to harvest, as well as one of the easiest to discover and gather for simple snacking or cooking, especially for the urban forager.

The fruit is high in antioxidants and can be gathered in large quantities. Strain the berries through a sieve to make juice that then can be used to make a cocktail syrup. Flavor the syrup with herbs like lemon balm, basil, or even lemon verbena.

The mulberry harvest can be made into jam and fruit leather (run it through a food mill to remove the more seedy bits and fruit stemlets). Mulberries can also be baked into a pie alone or mixed together with the first of the summer strawberries. If used alone, the fruit can be quite runny, so add in an appropriate thickener to ensure the pie is not too soupy.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Mulberry trees are common along trails and grow wild in cities and parks. White mulberry is a common ornamental planting in gardens, courtyards, and municipal parks across North America, and it has naturalized in some areas. Red mulberry is commonly found at the edge of the woods and along trails, in partial sun and shade. Mulberry is often most noticed as a small tree about 25 to 30 feet tall (though it can grow as tall as 70 feet). Its young bark ranges from yellowish brown to orangish brown, with scattered large white lenticels. Older bark is brown and ridged with an occasional glimpse of orange inner bark. If the roots are unearthed by erosion or contraction,

you will see that they are distinctively orange. The leaves of both species are alternate, simple, more or less heart-shaped, and palmately veined with three main veins; they have rounded teeth along the edges. Both white and red mulberry trees may have mitten-shaped leaves.

Leaves of white mulberry (*Morus alba*) are dark and shiny on top and feel smooth. Those of red mulberry (*M. rubra*) are not shiny and feel rough. Its fruits are longer, juicier, and better tasting than the white. Around the summer solstice, the juicy fruits of the mulberry can cause a mess wherever they fall, staining everything they touch with their black juice.

Mulberry fruit is easy to gather. Pick the berries by hand and place them in a bowl, as the fruit is delicate and will not withstand being thrown into a bag or harvest basket.

Note that the fruit will stain your hands, the container bowl, your clothing, and your shoes. (A quick wash with white vinegar removes most berry stains.) The berries do not have a long shelf life and should be eaten fresh or processed immediately for later use in the kitchen. Remove the stems and freeze the clean fruit.

THINGS TO CONSIDER

Mulberry is an abundant and common plant. There’s no need to worry about future harvests, as the seeds are spread by birds who also love the fruit. Mulberry makes for an excellent edible landscape tree and fits well into a permaculture landscape design.

WILD MULBERRY PIE

makes one 9-inch pie

One of my most fond wild food memories is of the evening I made my first summer fruit pie in my college apartment. It was a mulberry pie, with berries I gathered alone after an evening run one hot, sweaty summer night on a sandy beachside trail near my apartment. The pie itself wouldn't have won a medal at the state fair by any stretch—it was runny, the fruit filling not very thick, and the crust lumpy. But you know what? To me, the pie was amazing. And perfect.

---

1 (9-inch) piecrust dough
3 cups fresh mulberries, destemmed
1 ¼ cups sugar
¼ cup all-purpose flour (see Note)
1 tablespoon cornstarch
1 tablespoon lemon juice
2 tablespoons unsalted butter, cut into pieces
Crème fraîche or ice cream, for serving
Sprigs of fresh mint or thyme, for garnish

1. Preheat the oven to 350˚F. Line a baking sheet with parchment paper.
2. Line a 9-inch pie plate with the dough, then par-bake for 8 minutes to firm it.
3. Stir together the berries, sugar, flour, cornstarch, and lemon juice in a large bowl. Scrape the mixture into the pie shell, dot with the butter, then crimp the dough edge.
4. Set the pie on the prepared baking sheet and bake for 45 minutes, until the crust is golden brown, the berry mixture is thickened, and juices bubble along the edge. Let the pie sit on a wire rack until cool.
5. Serve with crème fraîche or ice cream and garnish each serving with mint or thyme.

Note: A gluten-free flour blend can be used instead of the all-purpose flour.

NETTLE

Urtica dioica
stinging nettle
leaves, seeds

CULINARY USES

If you like spinach, you'll love nettles. Nettles have a flavor similar to that of spinach and are a versatile green to add to pizzas, pastas, frittatas, or egg scrambles. They are even more nutrient-dense than spinach and are high in minerals and plant protein.

Nettles can be eaten fresh in cooked dishes or dried. Fresh nettles can easily replace spinach in recipes that call for greens. Lightly sauté and add them to soups, egg scrambles, quiches, or other similar recipes. Other nettle-friendly dishes include spanakopita, lasagna, risotto, stir-fries, pesto, and creamy nettle soup.

The dried leaves can be enjoyed year-round, added to soups and brewed as a mineral-dense, tealike beverage. To best extract nettle's minerals, boil the leaves (which speeds the mineral extraction time) or steep them overnight. Add a bit of honey to sweeten to taste, and you've created a refreshing, nourishing beverage that can be consumed daily. Nettle-infused vinegar extracts the minerals from the plant, and this is a great addition to the pantry for salad dressings.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Nettle is a fast-growing perennial that thrives in moist ditches and along stream banks. Nettle reaches heights of 7 feet in rich, nutrient-dense soil. Its opposite leaves are oblong, dark green on top and lighter green underneath, covered in fuzzy hairs, and roughly toothed and deeply veined.

One of nettle's chief identifiers is its sting. Stinging nettle doesn't really have stingers or thorns but instead has fine, hollow hairs filled with formic acid that break open on the skin and cause a histamine reaction in most people. The stinging, pins-and-needles sensation and hivelike bumps that can occur from handling nettle are caused by these hairlike needles found up and down the stem and on the undersides of leaves. The sensation is similar to the feeling you might get if fiberglass was rubbed on your skin. The severity and length of the irritation depends on the individual. Excess exposure to formic acid can cause redness and welts on the skin lasting up to 36 hours. The juice of the plant can neutralize its sting; crushed dock leaves or jewelweed stalks can also take the sting away. Drying or cooking the plant will cause the formic acid to dissipate and will eliminate the source of the histamine reaction.

To find nettle, go on springtime (April to June) or late-fall (October or November) hunts in areas of nitrogen-rich, damp, and well-drained soil. Pick the tender leaves and stems in early spring and late fall, both before and after the plant goes to seed. As it likes damp soil, nettle can often be found adjacent to rivers, streams and lakes, springs, ditches, and wetlands, and along drainage areas. Know the area from which you are harvesting and its history of use—avoid areas adjacent to or downstream from large factories and farms.

Wear harvesting gloves and long pants to minimize the potential for skin irritation from the nettle's sting. Use gloves when harvesting in the field and processing in the kitchen. As the stems can get very tough and woody as the plant ages, choose to harvest plants with smaller, more tender stems, or harvest earlier in the spring season when nettle is most delicious.

The upper stalks can be collected at about 18 inches in length; this is a great size to bundle and dry. Otherwise, the leaves and stems can be chopped for drying or freezing or used fresh in cooked dishes. The nettle sting will dissipate upon cooking. To dry, spread chopped or whole nettle onto racks (window screens are great for this task) and let everything dry completely before storing the nettle in glass jars. Alternatively, use a dehydrator on a low setting. If the leaves and stems are not completely dry before storage, they can mold. The full nettle stalks can also be bundled and hung to dry in a protected spot, then stored for later use. By midsummer, nettle goes to seed and can reach a height of at least 5 to 8 feet. Nettle can

still be foraged at this time for greens, but select plants that haven’t gone to seed or flower.

THINGS TO CONSIDER

Nettle is nutrient-dense and is apt to take up heavy metals like lead. Harvest only from a place free from soil contamination.

NETTLE RISOTTO

makes 8 cups

Look out, spinach. Popeye's got a new superfood. Enjoy this classic risotto using nutrient-dense nettles similar to how you'd use spinach or chard.

---

6 cups chicken or vegetable stock
4 tablespoons butter
12 ounces arborio rice
1 onion, chopped
1 cup chopped fresh morels (optional)
¼ pound young nettles, washed and chopped
½ cup dry white wine (plus an extra glass for the chef)
¼ cup chopped fresh parsley
1 ounce Parmesan cheese, grated
1 to 2 teaspoons fresh lemon zest, plus more if desired
Salt and freshly ground black pepper

1. Heat the stock in a large saucepan over medium-high heat.
2. Meanwhile, melt the butter in a large skillet over medium heat. Add the rice, onion, and morels, if using, and sauté for 6 to 10 minutes, until the onions are golden and the mushrooms are soft. Stir in the nettles and cook for about 20 minutes, until the rice is tender.
3. Deglaze the skillet with the wine, stirring to loosen any browned bits, and cook over low heat until all the wine has evaporated.
4. Add 1 cup of the hot stock and let the risotto cook, stirring occasionally, until the liquid is absorbed. Add another ½ cup stock at a time as the rice soaks up the liquid, until all the stock has been incorporated and the rice is tender, 20 to 30 minutes.
5. Stir in the parsley, Parmesan, and lemon zest. Season to taste with salt and pepper, and serve immediately.

OAK

***Quercus* species**
nuts

CULINARY USES

Acorns are a quintessential forager's food. A few barrels of acorns gathered before winter will bring you an abundance of nutrient-dense carbohydrates and plant proteins. Once leached in a water bath, the acorn nutmeat is similar in flavor to the chestnut, and it can be used in soups and pulverized into nut butter as well as ground into flour for baking. Acorns can be substituted in chestnut recipes, including as a finely ground flour added to baking mixes.

Remember that there is no gluten in acorn flour, so baking projects need to be planned accordingly. Acorn flour is rich in carbohydrates and plant proteins. Stir it into smoothies to add wild nutrient density in lieu of commercial protein powders. The nutmeat can also be transformed into a nut butter or paste and combined with other foraged flavors like chaga, chestnut, and hickory to create a tasty spread.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

White and red oaks (genus *Quercus*) are identifiable by their gray bark and alternate leaves, clustered at the terminal bud, each with soft, round edges. To discern between the two groups of oaks, white oaks have round-tipped leaves and red oaks have pointed leaves. Leaves can be deeply lobed or have no lobes at all. All acorns can have spiny or shaggy caps. Both the red and white oak produce acorns that are high in tannins, so they are not as palatable when fresh, but a good leaching can remedy the tannic flavor. White oaks have less tannin and produce the preferred acorn among foragers.

Both red and white oaks are well distributed across the country. If you want to gather the acorns, it's advisable to harvest later in fall, as the first drops generally have the most insect damage. Acorns will fall in waves across the season, and they can be readily gathered off the ground well into winter, particularly red acorns that benefit from a winter's leaching and do not germinate until spring (leaching helps reduce their tannic flavor). The amount of the harvest will vary year to year: some seasons will bring bumper crops, and other years won't be as abundant.

As you gather acorns, make sure to discard nuts with obvious insect infestation. Gather only those with firm, clean, and fresh-looking discs (the spot on top of the acorn where the cap was once affixed). Also discard any with caps that appear dislodged, moldy, or simply "off." The shelf life for fresh acorns is terribly short, so they should be dried on a screen or in a dehydrator or placed in dry, cold storage that stays below 50˚F (such as an unheated basement) if you want to save them. Check regularly for mold.

THINGS TO CONSIDER

Oaks are widespread across the country. Eastern populations have not yet been threatened by the sudden oak death disease as those in the West, but oak wilt is a concern. Oaks in a local park can yield an abundance of acorns. While white oaks produce less-tannic acorns than reds, the red oak acorns can still be leached. Feel free to gather and try them for your own palate if there's a stand nearby.

ACORN BREAD

makes 1 loaf

The acorn has a special place in my home. My father instilled in me the love for the oak tree and its nuts. My family gathers them in our yard and on walks, and friends drop them off by the bagful. We shell acorns while watching Sunday college football games or do it outside together in the park. In fact, I am known to host cocktail parties and haul out buckets of acorns to shell while friends catch up and mingle over drinks and cheese platters. I process enough nuts to make 10 to 15 pounds of flour each fall. It is a nut that not only nourishes our bodies but also nourishes relationships and connectedness to the community around us.

Acorn Flour

4 cups acorns

Bread

1 cup acorn flour
1 cup all-purpose flour (see Note)
1 teaspoon baking soda
¼ teaspoon salt
1 to 2 tablespoons unsweetened cocoa powder (optional)
¾ cup firmly packed brown sugar
½ cup (1 stick) unsalted butter
2 ⅓ cups mashed overripe bananas
2 eggs, beaten

1. To make the acorn flour, shell the acorns and add the meat to a large pot of water. Bring to a boil, cook for 10 minutes, then strain. Let the acorn meat cool. Using a dehydrator or oven on low heat, slowly dry the nutmeats. Once completely dry, grind the nutmeats with a coffee grinder or mortar and pestle to achieve a nut flour. Store the ground flour in the freezer for up to 6 months.
2. To make the bread, preheat the oven to 350˚F. Lightly grease a 9- by 5-inch loaf pan.
3. Whisk together the acorn flour, all-purpose flour, baking soda, and salt in a large bowl. Stir in the cocoa powder, if desired.
4. In a separate bowl, cream together the sugar and butter. Stir in the bananas and eggs until well blended. Scrape the banana mixture into the flour mixture and stir just until combined; do not

overmix.

5. Pour the batter into the prepared pan. Bake for 60 to 65 minutes, until a toothpick inserted into the center of the loaf comes out clean. Let the bread cool in the pan for 10 minutes, then turn out onto a wire rack.

   Note: A gluten-free flour blend can be used instead of the all-purpose flour.

PENNYCRESS

Thlaspi arvense
greens, seeds

CULINARY USES

Pennycress offers garlicky spring greens as well as mustardy seeds, which can be used as an aromatic culinary spice in the kitchen. Pennycress has a strong garlic mustard flavor. When young, tender, and small, the aromatic greens can be sautéed for egg dishes like frittatas or added to stir-fries. The dry seeds can be used in place of store-bought mustard seeds. Use pennycress seeds to make a foraged stone-ground mustard or vinaigrette dressing.

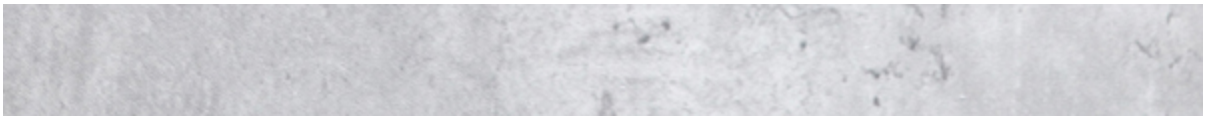
HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Pennycress is a biennial plant that produces a basal rosette in its first year and grows erect and tall, up to 2 feet in height. Its leaves have a garliclike odor. They are alternate, oblong, and slightly lobed. In its second year, pennycress produces clusters of white flowers in late spring. Heart-shaped seedpods produce small, aromatic, brownish black seeds useful as a culinary spice.

Pennycress is a wild weed, abundant in open fields and empty lots with rocky, disturbed soil. The small, new, tender greens should be gathered by hand in early spring and the heart-shaped seedpods of the second-year plants collected in late summer. To use and preserve the seeds, winnow the papery husk from the seed and store in an airtight container.

THINGS TO CONSIDER

Like other mustard-family plants, pennycress is self-sowing and reproduces rapidly in areas of disturbed soil. It qualifies as a weed in some places. In others areas, though, pennycress is being field-tested as a potential biofuel source. Harvesting pennycress from the wild will not impact future harvests.



PEPPERMINT

Mentha ×piperita
leaves

CULINARY USES

There's nothing quite like the power of fresh peppermint in a spring salad or in a refreshing iced tea or cocktail. Peppermint is a common wild herb as well as a must-have staple for every kitchen. It's great fresh in mojitos and is essentially dried as tea for the apothecary. Freshly foraged peppermint can be used in as many ways as its cultivated counterpart (which is really equally wild). There's nothing simpler than a peppermint aqua fresca, mojito, or Moscow Mule served on the patio on a warm spring afternoon after a hard session in the garden.

Toss fresh peppermint into savory green salads, chilled bean salads, pasta salads, and rice dishes. Freshly found mint is a wonderful addition to newly dug potatoes and spring peas or to wild asparagus and cattail shoots. For the main entrée, fresh peppermint can be used to flavor mint sauces for fish and lamb.

Turn fresh peppermint into a simple syrup for the cocktail cart, and use it in mixed drinks or baking projects—or even to flavor peppermint ice cream. Dry the foraged peppermint for tea. One or two armful-size bundles can make enough tea for a family of four for winter's use. Dried peppermint is an invaluable herbal remedy to soothe upset stomachs (small sips only). The tea is soothing, and peppermint's aroma can help shoo away winter malaise.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Peppermint is a creeping perennial that grows to heights of 2 feet. It has durable square stems ranging in color from green to red to brown,

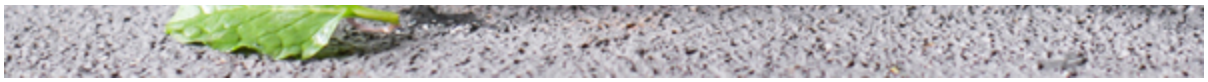
depending on its cultivar. Its leaves are opposite, lance-shaped, and toothed. It produces small, white to pale purple flower heads in early summer, after which the plant dries significantly and begins to die back.

Peppermint is a widely growing plant that prefers moist, well-drained soil along stream banks in partial sun. It is tender and more aromatic in midspring, then becomes rougher and spicier as the weather warms and before it goes to flower, after which it becomes significantly drier. Peppermint will return in late fall when the weather cools.

Collect the plant before flowering for the choicest leaves and best flavor. But note that peppermint can be gathered and used anytime across the season; just use your nose and taste buds to determine the flavor and quality. Gather, bundle, and dry full stems of peppermint for teas, or use the plant fresh in the kitchen. The fresh herb stores for up to a week in the refrigerator when wrapped in a moist tea towel, but for maximum aromatics, process the plant immediately upon harvesting.

THINGS TO CONSIDER

Peppermint spreads voraciously via underground runners, and gathering its stalks will do little to affect the plant’s future growth and harvest.



PERSIMMON

***Diospyros* species**
fruit

CULINARY USES

Fresh, roughly chopped persimmon can be cooked down on the stovetop with sugar, vinegar, and chili spices to make a warming Indian chutney. Change the flavors a bit, and the cooked chutney base can be blended with other fruits to make a fruit salsa.

Persimmon purée can be turned into a fun fruit leather snack for kids (try using maple syrup as the sweetener), used as a topping for a Brie cheese plate appetizer, or added to citrus-based smoothies. Persimmon purée can also be incorporated in baked goods like fruit breads, tea cakes, scones, and fruit bars, or enjoy it atop yogurt or homemade ice cream. Sliced and dried in a dehydrator, the persimmon can be integrated into granola or baked goods or enjoyed simply as a snack.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Persimmon is a common hardwood tree found across the the United States. Often used as an ornamental in formal gardens because it is shade and drought tolerant, the tree is found in the wild on the edges of mixed hardwood forests or in the partial shade of thickets and along hedgerows. Its leaves are oblong, 3 to 4 inches long, with smooth edges. The bark is gray, deeply furrowed, and plated.

An unripe persimmon is undesirable: it’s extremely astringent, and its tannins will make your mouth pucker and dry out. Ripe persimmons have a wrinkled skin that is soft to the touch; the flesh will be equally soft with a deeper yellow-orange color. Persimmons are ready in mid- to late fall.

Persimmons that fall easily to the ground or have already fallen are ready for eating. Those still tightly attached to the twigs are unripe. Avoid fruit with insect damage or broken skin.

THINGS TO CONSIDER

A fruiting tree can produce several hundred fruit. Competition for the windfall will include local wildlife—a consideration when foraging for the fruits. But otherwise, gathering the fruit will do little to impact future harvests.

PERSIMMON CHUTNEY

2 cups

I first made this chutney in 2000 while living in San Francisco. A persimmon tree grew outside the door of where I worked in Napa, and I gathered and prepared its fruit as part of our Thanksgiving meal. The recipe can be made up to three days in advance of serving.

---

1 ½ cups cider vinegar
1 cup chopped onion
1 large Pippin apple (about 8 ounces), peeled, cored, and chopped
1 cup raisins
¾ cup sugar
¼ cup lemon juice
1 large jalapeño with seeds, minced
1 tablespoon minced peeled fresh ginger
1 tablespoon grated lemon peel
1 teaspoon ground coriander
⅛ teaspoon ground cloves
2 ½ cups chopped peeled persimmons

1. Combine the vinegar, onion, apple, raisins, sugar, lemon juice, jalapeño, ginger, lemon peel, coriander, and cloves in a large heavy saucepan. Bring to a boil over medium heat, stirring occasionally. Reduce the heat to medium-low and simmer, stirring frequently, for about 25 minutes, until the mixture thickens but some juices remain.
2. Add the persimmons and simmer for about 5 minutes longer, until the persimmons are tender. Let cool completely, then cover and refrigerate. Use within 2 weeks.

PINE

***Pinus* species**
needles, bark, resin

CULINARY USES

Bringing pine into the kitchen is like bringing the aroma of the forest to the table. The needles are notably bright, slightly sour, and citrusy in flavor, and they can be used in most recipes that call for lemon.

Chop the needles and use them as an herb to flavor salads, butters, and vinegars for dressings. Add them to potato salads, bean salads, and pasta salads with other fresh salad greens. Use them in place of rosemary to flavor rustic breads.

Water-soaked boughs and needles can be used to roast or steam white-fleshed fish. Pine-infused honey can be drizzled over ice cream (or used to flavor ice cream) or served with Stilton or cheddar cheese—a delicious way to savor the magical forest flavor.

For cocktails, pine needles made into a simple syrup or an infused honey can flavor mixed drinks or martinis. Beer brewers interested in incorporating foraged ingredients can use the fresh pine tips as a flavoring agent in the second fermentation cycle of brewing. A short fermentation will capture the desired aromatics and citrus high notes for a Belgian or wheat-styled ale without making the brew overly pine flavored.

As an herbal remedy, pine needles can be served as a tea: add boiling water to a pot of needles, cover, and let steep for 3 to 5 minutes. Sweeten with honey, sip, and inhale the aromatics.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

The pine is a tall conifer, reaching heights of over 120 feet. Its bark is a smooth greenish gray, with soft, long, and flexible needles that cluster in

groups of two to five needles, depending on the species. For white pines, a mnemonic device is helpful to remember identification: There is one needle in each cluster for each of the letters in the word *white*.

Look for pines in the sandy soils of beaches and old farmsteads. Pine likes acidic soil and grows in large stands. Needles can be collected anytime by hand but are most tender and aromatic in spring.

THINGS TO CONSIDER

Harvest boughs and needles in a sustainable manner by gathering them from fallen branches after a windstorm. Pine can be propagated in acidic soils with seedlings, and advocacy for habitat protection will also help grow the distribution of the pine.

GARLICKY PINE TIP AND WILD CHIVE BUTTER

makes ¾ cup

This butter has wide culinary purposes: on breads, for baking white-fleshed fish, for frying pork chops or chicken. You can even dollop it on baked potatoes or vegetables. Using kitchen shears, harvest the tender tips of pine needles and wild chives whenever you need them—then give the leaves a quick rinse under cold water.

½ cup (1 stick) butter, softened

1 small garlic clove, minced
1 tablespoon chopped chives
1 tablespoon chopped pine needle tips

1. Cream the butter, garlic, chives, and pine tips together in a bowl. Transfer the herb butter to a crock. Cover and chill in the refrigerator before use, then use within the week.

PLANTAIN

***Plantago* species**
leaves, seeds

CULINARY USES

Plantain is best known for its abilities to support wound healing. Plantain moderates the healing of tissues while helping prevent septic infection from setting in. Prepare plantain as a topical wash for cleaning wounds (especially helpful with infections, spider bites, and poison ivy), as a tincture for internal use, and as a salve for a healing topical balm. Plantain pairs well with chickweed, St. John's wort, yarrow, and goldenrod to make a healing first-aid salve.

Got bug bites? For topical relief, chew the ever-present plantain and apply directly to the bite to reduce the body's histamine reaction. It can drastically reduce the itch and appearance of the welt.

Plantain, when combined with slippery elm or marshmallow root and a dollop of raw, local honey, makes a nice wild tea to help soothe a dry, raspy cough. Plantain seeds, also called psyllium seeds, are a useful binder ingredient in gluten-free baking. And because of psyllium's mucilaginous, expansive quality, it can be mixed in smoothies and is good for anyone who wants to add healing fiber to the diet.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Plantain grows as a basal rosette, with either broad or narrow leaves, depending on the species. The foliage of broadleaf plantain is smooth and veined, growing up to 6 inches long and 4 inches wide. The leaf stems are fibrous and can have a red tinge at the base. The foliage of the narrow-leaf plantain is slightly more dry and hairy, with long leaves up to 6 to 8 inches that are lance-shaped and pointed. Both species produce long flower stalks

in midsummer covered with small white blossoms that give way to small edible seeds commonly sold in health food shops as psyllium husks.

Plantain grows abundantly in fields and waste places. It is a weed that lives where people live: look for it in parks, in cracks in the sidewalk, and on the trail. Don’t gather plantain where dogs may stop along the trail, as the herb seems to grow in often-visited spots.

Gather the fresh leaves in spring while they are vibrant and fresh. Plantain, however, is abundant almost everywhere and can be harvested across the season. Harvest the dry brown seeds in late summer, winnow them from the flower stalk, and store them in an airtight container.

THINGS TO CONSIDER

Plantain reseeds easily, so you can harvest it safely without significant worry of impacting the future sustainability of the plant.

SIMPLE SALVE

makes 8 ounces

Use this salve before heading outside in winter to protect the skin from chapping. Lube up the kids' cheeks before they go out to play and reapply when they return inside. Use before running, skiing, or sledding. Does it hurt your skin to shower? This sounds counterintuitive to getting clean, but applying balms *before* showering will protect the skin from hot water even as the shower heat encourages the healing botanicals to soak deep into the dermis.

---

1 ounce dried plantain leaves
1 cup olive oil, plus more as needed
1 ounce local beeswax, plus more as needed

1. Pour water in the bottom of a double boiler and bring to a simmer. Place the plantain and oil in the top pan, then simmer over low heat for 8 hours, checking occasionally that the water has not completely evaporated from the bottom pan. Alternatively, infuse the plaintain in the oil in a slow cooker set on low. Either way, take care to not heat the oil past 130˚F or it may burn.
2. Strain the infused oil through a fine-mesh sieve or cheesecloth, pressing on the herbs to extract all the oil; discard the herbs.
3. Return the infused oil to the top of the double boiler, add the beeswax, and heat over low heat until the wax melts. Adjust the consistency by adding more wax or oil, depending on your preference.
4. Pour the salve into sterilized tins or jars. Store in a cool location.

PRICKLY PEAR

***Opuntia* species**
pads, fruits

CULINARY USES

From grilled nopales pads to nopales smoothies and prickly pear margaritas, the prickly pear is an excellent foraged food that offers both its pads and its fruit for foraging.

Prickly pear pads have a fresh green flavor similar to a honeydew melon. The peeled pads can be chopped and used for a fruit smoothie or combined with black beans, corn, garlic, and cilantro for a refreshing nopales salad. The pads can also be cooked into egg dishes, grilled or roasted for casseroles, or served over wild rice.

The prickly pear fruit has a sweet watermelon-bubblegummy scent and flavor. Once its needles have been removed, it can be puréed and run through a food mill or strainer to remove seeds. Then the purée can be cooked into a simple syrup for margaritas, a frozen fruit sherbet, or a dessert topping. The purée and syrup can also serve as a barbecue glaze for pork, chicken, or tofu.

Prickly pear pads have a firm but fleshy texture that is cooling and soothing to the touch. The pads have a cooling and astringent action similar to that of aloe and can be used for skin healing. For burn relief, including sunburn, remove the glochids (tiny spines) from a pad, peel it, wrap the pad with a cool cloth, and apply the wrapped pad topically to the burned skin.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Prickly pear is a low-growing or climbing perennial plant, with 6- to 8-inch padlike leaves. It has large spines growing out of the pads and fruits, as well as tiny spines called glochids. The flowers of the prickly pear bloom in

early summer and range in color from yellow to red. These produce succulent pinkish red fruits (known as tunas) that can be harvested through autumn. The entire plant shrivels and dries back at the end of fall, after the first frost.

The prickly pear grows in colonies, spreading across disturbed sandy and rocky soils, in south-facing, sunny locations. It is commonly cultivated as a landscape plant. Harvest the pads across the growing season, choosing those that are green and firm fleshed. Gather the fruits when they are bright and succulent looking, before the plant begins to die back in late fall.

Both the prickly pear pads and fruits are covered in large and tiny spines. While the large spines are somewhat avoidable, the glochids are pesky buggers that can get into the skin and feel like a fiberglass rash. The glochids will embed themselves into fabric, so do your gathering with leather gloves and harvest directly into a paper bag that can be discarded (the tiny spines are hard to remove from a fabric harvest bag, ruining it for reuse later) or a solid-surface bowl.

In the kitchen, prepare the pads and the fruits with gloves. To remove the glochids, hold the pad or fruit with tongs and torch them over an open flame. Once the spines are burnt off, the prickly pear can be peeled, chopped, or puréed as the recipes requires.

THINGS TO CONSIDER

The prickly pear can be propagated by cuttings. It grows easily in disturbed, rocky, and sandy soils and is cold tolerant. Plant in south-facing areas for the most prolific growth.

PRICKLY PEAR SIMPLE SYRUP

makes 6 cups

Flavorful prickly pear fruits (known as tunas) make a delicious simple syrup for margaritas.

---

2 ½ pounds prickly pears
1 vanilla bean, split lengthwise
½ cup water
1 cup sugar (see Note)
2 to 3 tablespoons lemon juice

1. Combine the fruit, vanilla bean, and water in a large saucepan over medium heat and bring to a boil. Continue to boil until the fruit is soft. Remove from the heat and let cool.
2. To ensure the spines (glochids) are removed from the fruit, run the fruit mixture through a food mill. Strain the juice through a fine-mesh strainer lined with cheesecloth (or a coffee filter), pressing on the solids to extract the liquid; discard the solids. Measure the liquid—you should have about 1 cup.
3. Transfer the strained juice mixture to a clean saucepan. Stir in enough sugar to equal the amount of juice you measured. Bring to a simmer over medium heat, then cook for 5 minutes. Remove from the heat and let cool, then stir in the lemon juice to taste.
4. Pour the syrup into sterilized jars and refrigerate.

   Note: You want the sugar in step 3 to match the amount of liquid measured in step 2. If you have ¾ cup liquid at the end of step 2, stir in ¾ cup sugar in step 3.

PURSLANE

Portulaca oleracea
leaves, stems, flowers, seeds

CULINARY USES

Raw or cooked purslane has a fresh, distinctly lemon-sour note. It's high in protein and essential omega-3 fatty acids (take note, vegetarian friends) as well as life-sustaining minerals such as calcium, magnesium, copper, and manganese.

The leafy and succulent edible purslane tops are a versatile vegetable. Purslane is similar to bean sprouts in texture and lemony in flavor. It shines in a variety of Asian dishes like a Thai coconut soup, a spicy Indian curry pad thai, or a hot bowl of pho—or even gumbo. Purslane makes a great addition to a stir-fry. Be sure to add the purslane at the end of the cooking time so as not to overcook the greens.

Purslane can shine on its own as a salad, chopped and tossed with a simple lemon vinaigrette dressing and topped with a dash of salt and pepper. It can be added to Asian slaws (cabbage, kohlrabi, even shredded beet slaws) and used in place of bean sprouts in spring rolls. It even preserves well as a pickle.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Purslane is a nutritious, flavorful, and succulent green that grows abundantly everywhere across the country: fields, garden beds, gravel parking lots, and disturbed soils. It pops up nearly anywhere between early and late summer. In midsummer, this sprawling succulent thrives in well-drained soils of garden and lawns, usually in areas that have been well tilled and receive moderate to full sun exposure. It is also resilient enough to be

found growing between sidewalk cracks. Look around—it really is everywhere! It puts out many seeds and reproduces easily.

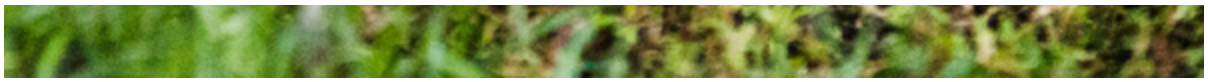
Purslane is easy to identify. Its leaves are smooth and shiny, dark green, thick, paddlelike, and rounded; they grow in an alternate, nearly opposite pattern along the round, fleshy, reddish stem. When the leaves and stems are crushed, you can tell that it's a juicy plant. The juice should be clear and watery—not a milky sap.

Purslane's leaves cluster toward the apex of the stems with a tiny yellow flower that opens only in the morning. The flower features five yellow petals, two green sepals, and several stamens and pistils. The succulent leaves grow ½ to 1 inch long. The stems can be as thick as a pencil and curl upward at the end, and they can reach 6 to 8 inches tall if the soil is rich. Conversely, they will be smaller and scraggly looking in poor soil.

The edible parts of purslane are the leaves, stems, flowers, and seeds. Gather clean, spot-free stems and leaf tops. Wait until the plant has stems of reasonable size to yield enough for a meal, and clip only the tops so the plant will resprout, leaving you with a productive plant for the duration of summer.

THINGS TO CONSIDER

Purslane is a common garden weed, appearing nearly every summer in garden spaces and waste places in the soil. Harvesting the tops of the plant will do little to affect future harvests.



RASPBERRY

Rubus idaeus, R. occidentalis
leaves, root, fruit

CULINARY USES

Raspberries—both red and black—are a favorite summer fruit. Whether enjoyed by the handful trailside while walking to the beach or gathered for a summer fruit pie, the raspberry is easy to identify and a must-gather for the forager.

Crumbles, pie, bars, jam, fruit leather, ice cream, and more: there are so many ways to use raspberries. Ferment the berries to make wine or turn them into a simple syrup for cocktails and cordials. Crushed raspberries, macerated with raw apple cider vinegar, can be infused for several days, strained, and served cold for a refreshing and nutritious raspberry vinegar shrub.

Since the fruits of the raspberry freeze well for winter's use, be sure to put some up for a real treat when snow blankets the ground. There's nothing like whipping up a batch of jam or a homemade pie made with delicious summer fruit.

Raspberry leaves are known for their vitamin C and rich mineral content. Blend them with other herbs like red clover, nettle, and oat straw, then boil the mixture to create a beverage high in calcium, magnesium, silica, and other minerals. Add in foraged mushrooms like maitake, reishi, and turkey tail, and you can create a delicious, nutrient-dense vegan broth base for soups and stews.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

The thorny canes of red (*Rubus idaeus*) and black (*R. occidentalis*) raspberry are sprawling and grow in large stands at woodland edges. The

leaves are toothed with pointed ends, grow alternately in leaflets of three to five along the canes, and are green with a silvery underside. Raspberry flowers in late spring. Black raspberries ripen in midsummer, while red raspberries ripen in late summer to early fall.

The raspberry is a native woodland plant found at the edges of woods, trails, hedgerows, and ditches. It is common along the edges of city parks and trails. The leaves can be gathered for tea in early spring and late fall.

Pick the ripe fruits of the black raspberry in midsummer and the red raspberry in late summer to early autumn. They can be used right away or frozen for later. Gather in the summer sun when sugars in the berries are highest and the fruit is most sweet.

Pick the leaves in early spring before the plant begins to develop flowers in early summer. The leaves can be gathered again in late fall after the plant is done fruiting. If you are thinning a stand of raspberry canes, the entire cane can be pruned and stripped of its leaves. The leaves can be used fresh or dried on a screen. The root can be dug anytime for use as a tea, but this is easiest in fall or spring when you are thinning the canes.

THINGS TO CONSIDER

Raspberries can be propagated easily with cuttings or by transplanting the canes. They spread quickly and are tolerant of a lazy gardener. You can trellis the canes or let them grow as they will along a woodland edge as part of a permaculture landscape plan. As the raspberry is a voracious perennial spreader, gathering the leaves and fruits of the plant will have minimal impact on future harvests.

RED CLOVER

Trifolium pratense
leaves, flowers

CULINARY USES

Dotting open fields and spaces with its red blossoms, red clover is a brightly flavored, nutritious weed that you can gather in abundance and add to teas and soups to boost nutritional content.

Clover blossoms and greens are mineral-rich and contain calcium, potassium, and magnesium, among other nutrients. The blossoms can be eaten fresh: they have a green taste but can be a bit dry to incorporate into a salad. The fresh blossoms work well in a greens fritter, an egg dish, or soups and have a flavor similar to the sweet pea. They can also be steamed and used as a garnish or side dish with white-fleshed fish or chicken.

To fully extract the clover's mineral density, extract fresh or dried plant material in a long infusion of hot water, or boil for 20 minutes. The red clover extraction mixes well in an infusion with nettle, oat straw, horsetail, or raspberry to make a nutrient-dense beverage that can be enjoyed as an iced or room-temperature tea or added to smoothies, soups, or stews. Or use the extraction to soak beans, lentils, or rice—or cook pasta in it to infuse those carbohydrates with additional nutrition.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Red clover is a low-growing plant that can cover the ground, but it can also stand as tall as 2 feet. It grows abundantly in sunny, open spaces and tolerates both moist and dry soil. The plant has three soft leaflets per stem, and the leaves are arranged alternately along a hairy stem. Red clover begins to blossom in early summer, featuring a showy reddish pink flower

head comprising many small, nectar-filled, tubular florets, and it remains in bloom through summer.

Gather the blossoms and top greens by hand or with scissors on a dry, sunny day. Choose only the flowers that are vibrant and free of brown withering. Do not gather blossoms that are damp or wet as they will wilt or could mold while drying. The blossoms can be used fresh or easily dried on screens for later use. Because red clover is high in mineral content, harvest only in areas that are free from pesticides, nitrate pollution, and heavy metal contamination.

THINGS TO CONSIDER

Red clover is an abundant edible wild plant. As it is a perennial, it comes back easily after being gathered or even mowed. Gathering the blossoms and green tops will not affect future harvests. Caution: There has been some debate over clover’s possible effects on hormone balance, but traditional use suggests it is safe for general consumption as a nutritious food.

VEGAN BROTH

makes 2 quarts

This vegan broth offers bioavailable minerals such as magnesium, calcium, silica, and potassium. The antioxidant-rich mushrooms, with their powerful polysaccharides, support cellular repair. Enjoy the broth chilled as iced tea, warmed in a mug, added to smoothies (in place of water), or used as a vegan base for soups and other dishes.

---

2 ½ cups dried herbs—a mixture of red clover, nettle, raspberry leaf, oat straw, astragalus (2 sticks), bull kelp seaweed, horsetail (if suffering from muscle tissue injury), burdock, jujube, and wolfberries (see Note)

1 cup dried mushrooms (shiitake, chaga, reishi, maitake, or a mixture), or 3 tablespoons powered mushroom

1. Place the herbs and mushrooms in 4 quarts of water in a large saucepan over medium-high heat. Bring to a boil and cook for 20 minutes.
2. Strain the mixture through a sieve into a bowl, pressing on the solids to extract the liquid; discard the solids. Pour the broth into sterilized canning jars or containers and refrigerate for 2 to 3 days or freeze for 4 to 6 months.

   Note: In case of gluten intolerance, omit the oat straw and increase the nettle, red clover, or raspberry leaf.

ROSE

***Rosa* species**
petals, leaves, rose hips

CULINARY USES

The heady perfume of the rose rests on the early-summer breezes, guiding you to brambles filled with blossoms and unopened buds ready to be gathered by the basketful and infused into cocktails, beverages, pastries, confections, and savory dishes.

Use wild rose petals to make a rosewater hydrosol (floral water) or a rose simple syrup that can then flavor shortbreads, biscotti, cakes, and poached fruits. The rose simple syrup can also flavor ice cream, plain yogurt, sorbet, panna cotta, and meringue, as well as vodka punch, champagne, nonalcoholic sodas, and sparkling water. Candy the rose petals and rosebuds to dress up desserts and other confections.

For beverages, rose petals can be infused into tequila and vodkas for rose liqueurs and cordials. Citrusy-flavored wild rose hips are high in vitamin C. Add dried or fresh hips to cordials, jelly, and syrups.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Rose is a spreading shrub that grows to be about 5 feet tall. Its canes are thorny and have alternate, finely serrated compound leaves that are deep green and shiny.

The rosebuds form in early summer and open into five-petaled blooms that range in color from white to dark pink, from 1 to 3 inches in diameter, depending on the species. After the rose is pollinated, it forms its fruit, called rose hips, in late summer. These range in size from ¼ to 1 ½ inches in diameter. The hips will turn dark red after the first hard frost.

Wild roses love disturbed rocky soil, woodland edges, and locations near lakes, rivers, and sea coasts. Collect from healthy plants; roses are frequently susceptible to mildew, blight, and aphids. Gather the unopened buds and petals in early summer using pruners or scissors and dry them flat on screens. Harvest on a dry, sunny day. Wet weather will diminish the aromatics and make the plant material very fragile.

The rose hips will be orange until a frost, when they turn a dark, bright red. Rose hips are best gathered in late fall after frost when their flavors are more pronounced. On the larger rose hips, scoop out and discard the seeds and the interior if possible before drying or cooking, to avoid possible stomach upset.

THINGS TO CONSIDER

The wild rose is considered a noxious weed in some areas. It can be easily propagated by canes, and gathering its buds, petals, and hips will not significantly impact future harvests.

RUSSIAN SAGE

Perovskia atriplicifolia
flowers, leaves

CULINARY USES

A common ornamental flowering shrub, Russian sage is a useful aromatic plant good for soothing an upset stomach, treating a cold or flu, or serving as a topical wound wash in first aid.

While not in the *Salvia* genus like other sages, the Russian sage shares many commonalities with white and culinary sage. Russian sage is stimulating and aromatic, its volatile oils useful for clearing sinuses in an inhalation steam or simply soothing a head cold.

Russian sage blends well in a tea along with monarda, yarrow, and elderflower. Infused in an herbal honey, Russian sage lends its flavor; add the honey to the tea for an additional aromatic and antimicrobial blend (it's also nice drizzled over a local goat cheese). The tea or tincture can help relieve a sinus or barometric pressure headache and dispel gas and bloating that may come along with overindulgence or a heavy meal. Its aromatics are useful to soothe nervous anxiety and tension.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Russian sage is a multistemmed, perennial shrub with soft, toothed silvery leaves growing along the stems. Its lavender-blue flowers are arranged in panicles along the upper part of each stem.

Russian sage is common in landscaping and often found in abandoned lots and waste places where there once were buildings and formal gardens. Its branches can be gathered in abundance when it is in full bloom in late summer into early fall. Bundle and dry the branches for later use, or strip

them of leaves and flowers to be processed fresh and/or dried into various medicinal preparations.

THINGS TO CONSIDER

Russian sage is a fantastic plant to add to a permaculture garden plan—it attracts bees and tolerates dry soil.

SPEARMINT

Mentha spicata
leaves

CULINARY USES

Spearmint has a slightly different flavor than its cousin peppermint. It's a less spicy and more cooling, relaxing herb. It works wonders as a refreshing flavor added to summer fruit salads or combined with savory flavors, like in chilled vegetable dishes such as fresh sugar snap pea salads, radish salads, or chilled locust blossom soup. Add it to a mixed-berry compote spooned over fresh local goat cheeses, yogurt, or ice cream.

Spearmint can become a staple on your cocktail cart. Turn fresh spearmint into a simple syrup for mixed drinks, refreshing homemade sodas, iced teas, and spritzers. It mixes well with gins, vodkas, and dry champagnes.

Spearmint is particularly useful for the home apothecary. Because of its relaxant nature, spearmint tea can ease upset stomachs (it is gentle enough for wee ones) and soothe sore throats. The aromatics of the plant are also calming and can help relieve the stresses of the day before bedtime.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Spearmint is a creeping perennial that grows to heights of 4 to 5 feet but is best gathered when it is 1 to 3 feet tall. It has durable square stems with green, lance-shaped, toothed leaves growing opposite from one another and sessile (attached directly to the stem without a petiole). Each pair of leaves is at 90 degrees to the pair below and above it. It produces small and white, pale violet, or pink flower heads in late summer, after which the plant dries significantly and begins to die back.

Like peppermint, spearmint grows wild in moist, well-drained soil along stream banks and in partial sun. It is tender and more aromatic in midspring and becomes rougher and spicier as the weather warms; before it goes to flower, it becomes significantly drier.

Collect the plant before flowering for the choicest leaves and flavor. However, it can be gathered and used anytime across the season: just use your nose and taste buds to distinguish the flavor and quality. Gather, bundle, and dry full stems of spearmint for teas, or use the plant fresh in the kitchen. The fresh herb stores for up to a week in the refrigerator when wrapped in a moist tea towel, but for maximum aromatics, process the plant immediately upon harvesting. Store dried spearmint in an airtight container to preserve the aromatics for later use.

THINGS TO CONSIDER

Spearmint spreads through the soil with its underground runners, and gathering its stalks will do little to affect the plant’s future growth and harvest.

SPRUCE

***Picea* species**
needles

CULINARY USES

Early-spring spruce tips and young needles are notably bright, slightly sour, and citrusy in flavor, and they can be used in most recipes that call for lemony or rosemary flavors. Chop the needles as an herb to flavor salads, butters, and vinegars for dressings. Chopped spruce needles can also be added to potato salads, bean salads, and pasta salads with other fresh salad greens. Try them in rustic breads in place of rosemary. Water-soaked boughs and needles can be utilized to roast or steam white-fleshed fish.

For cocktails, spruce needles can be made into a simple syrup or infused into a honey to flavor mixed drinks or martinis. Beer brewers interested in foraged ingredients can use the fresh spring spruce tips as a flavoring agent in the second fermentation cycle of brewing. A short fermentation will capture the desired aromatics and citrus high notes for a Belgian or wheat-styled ale without making the brew overly spruce flavored.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

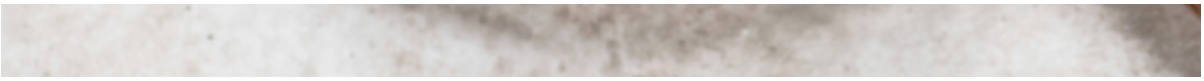
Spruce is a tall conical evergreen, reaching heights of over 100 feet. The bark on the trunk is thin, dark gray-brown, and somewhat scaly. The branches grow in a whorled pattern with single, bluish, pointy needles growing at right angles to the branch on all sides. When the needles drop off, they leave a little peg behind that makes the twigs and branches rough to the touch.

Spruce prefers moist soils and is common along stream banks and other water sources. It is common in the wild and in cultivated landscapes.

The new tips and shoots of the spruce in the early spring are choice to gather for eating. As the shoots develop into mature needles, they become more resinous, at which point they are still good to gather for herbal medicine making.

THINGS TO CONSIDER

Harvest boughs, needles, and bark in a sustainable manner. As spruce is a common tree, gathering these plant parts in moderation will not impact future harvests.



ST. JOHN'S WORT

Hypericum perforatum
leaves, flowers

CULINARY USES

The flowers of St. John's wort, with their bright, sunny disposition, dot the fields underneath the summer solstice sun. This herb, known by many as a common health food supplement, has a wide range of uses as a field medicine and an apothecary herb for pain and wound care.

One of St. John's wort's classic uses is as a pain remedy. It is useful in injuries with sharp, shooting pain (breaks, strains, sprains, sciatica, carpal tunnel syndrome, nerve pain). It can be applied as a poultice where there is acute pain (good to know as an emergency field medicine) or topically as a tincture and/or infused oil, taking care to not apply an oil-based preparation to open, injured skin. The topical oil is also known to offer relief for chronic pain caused by fibromyalgia and rheumatoid arthritis. St. John's wort works well with yarrow, goldenrod, and mullein to help with chronic pain and musculoskeletal injuries.

St. John's wort is also effective in lifting melancholy from the spirits. A tea of the plant is aromatic and uplifting and is perfect for the middle of wintertime when many northern folk suffer from seasonal affective disorder. It pairs well with lemon balm, hawthorne, or chamomile for relief from melancholy and sadness.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

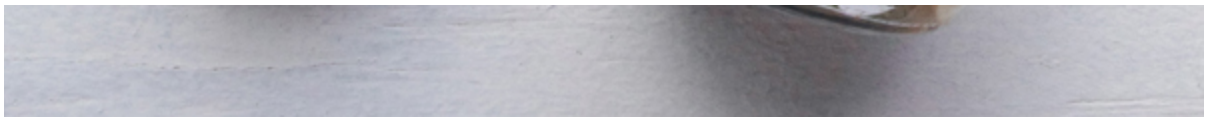
St. John's wort is a tall, erect perennial that stands 24 to 36 inches in height. It has opposite, small, and oblong green leaves that shine with translucent pinpricks when held up to the light. The plant's small, yellow, five-petaled blossoms are covered with small black dots on the petal tips and sepals. The

flower releases a red oil when crushed between the fingers and is slightly aromatic.

St. John’s wort blooms from the summer solstice through late summer and grows in open fields and disturbed waste places in the sun. The open flowers and tender green tops of St. John’s wort can be cut with scissors then dried flat on screens for tea or prepared fresh for herbal remedies. The plant’s successive blooms offer the forager multiple cuttings across the season.

THINGS TO CONSIDER

St. John’s wort is considered a noxious weed in some areas of the country. Since it is a perennial, gathering the tops of the plant will not significantly impact future harvests. Because its chemical compounds include coumadin, people on pharmaceutical blood thinners have been advised to limit use of St. John’s wort. Also, St. John’s wort can cause photodermatitis in some persons. If this occurs, discontinue use internally and topically.



SUNCHOKE

Helianthus tuberosus
tuber

CULINARY USES

This delicious tuber has a mild, starchy flavor and makes a tasty, mellow-flavored fermented pickle similar to Korean kimchi.

The sunchoke is an excellent filler in recipes and has a neutral-enough flavor to work well with spices ranging from Indian curry and Latin flavors to French and Asian directions. Roast the tubers with carrots and beets, or sauté them with a rich garlic and sage butter. The roasted tubers can be creamed into a rich soup as well as thrown into a stir-fry with other foraged flavors like wild ginger.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Sunchoke is a perennial wildflower that grows in clusters 4 to 10 feet tall. Its leaves are dry, rough, and hairy, with a pointed oval shape. Lower to the ground, the leaves are arranged oppositely along the stem, then alternately toward the flower.

The flower is bright yellow with 10 to 20 petals arranged in rays, like the sunflower. The blossom has a yellow center, however, as opposed to the brown center of many sunflowers. The tubers range in size from as spindly as a finger or—if gathered in rich, well-drained, and composted soil—knobby and substantial (especially if they are wild tubers escaped from long-abandoned gardens).

Sunchoke flowers bloom in late summer and into early fall in large, tall stands. Look for sunchoke in wet fields, ditches, and along stream beds. It is frequently found alongside cow parsnip and groundnut. Look for its tall yellow flowers. The tubers can be harvested soon after the plant begins to

die back. Cultivated sunchoke sometimes escapes the farm and garden, so abandoned fields with moist, well-drained soil can often be good locations to find it.

Bring a small shovel to turn the soil and dig the tubers. These can be cleaned and kept in cold storage as well as chopped, blanched, and frozen for later use.

THINGS TO CONSIDER

You can help guarantee future harvests by digging and turning the soil where tubers are found so they can spread and establish a new colony via new rhizomes.

EASY SUNCHOKE PICKLES

makes 2 quarts

These crunchy sunchoke pickles are delicious on sandwiches or atop salads and are versatile across many flavors of cuisine.

---

2 tablespoons lemon juice
2 pounds sunchokes, peeled and sliced into ½-inch-thick rounds
1 ¾ cups distilled white vinegar
¾ cup water
¾ cup sugar
½ tablespoon whole mustard seeds
1 ½ teaspoons salt
½ teaspoon turmeric
¼ teaspoon cayenne pepper
½ large sweet onion, halved lengthwise and thickly sliced

1. Stir the lemon juice into a large bowl of cold water. Add the sunchoke slices and let them soak so that they don't oxidize while you prepare the brine.
2. Combine the vinegar, water, sugar, mustard seeds, salt, turmeric, and cayenne in a saucepan, bring to a boil, and stir until the sugar has dissolved into the solution. Let the brine cool.
3. Bring a large pot of water to a boil. Remove the sunchokes from the lemon water and transfer them to the pot. Add the onion. Parboil the vegetables for 1 minute. Drain immediately through a colander and rinse with cool water.
4. Combine the sunchokes, onion, and brine in a nonreactive mixing bowl. Make sure the chokes are submerged completely: weight the vegetables with a plate to keep them under the brine. Refrigerate, stirring once or twice a day, until the flavors meld to your taste, then enjoy.

SWEET CLOVER

Melilotus officinalis
leaves, flowers

CULINARY USES

Sweet clover's heady vanilla aroma is of most use in the kitchen. Its dried seeds can be crushed and used to add vanilla scent to baking projects or herbal beverages like a foraged chai.

The unwilted blossoms of sweet clover can be transformed into a sweet-smelling hydrosol (floral water) that is similar to rose water but with strong vanilla notes. The dried blossoms can be used to prepare a hydrosol, too, as long as they are mold-free. Use the hydrosol in a variety of cooking projects including for flavoring shortbreads, biscotti, and cakes and for poaching fruits. Or sweeten the hydrosol and convert it into a simple syrup to flavor ice cream or sweeten plain yogurt, sorbet, panna cotta, and meringue.

Sweet clover hydrosol also has a place in the herbal apothecary, as its uplifting scent is a remedy to dispel melancholy. Use it as a spray misted on the skin and face for a cooling facial mist. Dried bundles of sweet clover added to your home decor serve as attractive dried flower arrangements that will give off sweet clover's summer aroma well into winter.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Sweet clover is a tall, biennial, herbaceous plant that grows up to 6 feet tall. Its dull green stalk is tall and erect, branched, and smooth. The trifoliate, oblong leaves are alternate along the stem, and the small flower clusters are white or yellow. The entire plant smells distinctly of mowed grass and vanilla.

Sweet clover is a common cover crop used to fix nitrogen in the soil, but it is also found in areas of poor soil quality, such as in ditches and disturbed

areas. It grows abundantly and escapes from cultivation enough to qualify it in some areas as a noxious weed. Sweet clover blooms from mid- to late summer and goes to seed shortly thereafter.

Gather sweet clover while it is in full bloom on a dry, sunny day. The blossoms should be processed immediately or dried for later use. The plant's stalk can be cut down entirely then hung to dry in a cool, dry place with good ventilation so it does not mold. The seeds of the dried plant can be gathered and collected for a culinary spice.

THINGS TO CONSIDER

Sweet clover is a beneficial plant that improves poor-quality soil, but because it is a voracious spreader, it is qualified as a noxious weed by many native plant folks. Gathering the plant by the armful will do little to impact future harvests or the plant's sustainability. Caution: Because of its chemical compounds that include coumadin, people on pharmaceutical blood thinners should avoid working with and consuming sweet clover.

VIOLET

***Viola* species**
leaves, root

CULINARY USES

Violet leaves are high in vitamin C and are delicious as a raw vegetable, with a bright and slightly lemon flavor. Add them to a wild-foraged salad or combine with chickweed to make a foraged green smoothie blend. Violet flowers are also a forager's spring delight. The flowers are lovely as a garnish on salads (children will revel in picking them for their dinner plate).

An infusion of the flowers can be transformed into a deep purple tea to soothe a sore throat and clear lymphatic congestion from a spring cold. The infusion can also be made into a simple syrup for cocktails, as well as the base for a violet flower jelly. The jelly will become a vibrant fuchsia when lemon juice is added—another kid-friendly foraging project. Spoon the jelly over fresh spring goat cheese and garnish with a few candied violet flowers. Simple and perfect.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Violet is a small herbaceous perennial that has soft, heart-shaped leaves arranged in a basal rosette. The flowers, which extend on short stems from the axils of the leaf, are five-petaled and bilaterally symmetrical. They range in color from white to white-blue to purple and often hybridize.

Violets grows abundantly in the dappled shade of fields and disturbed places or in lawns of untreated grasses. The plant begins to unfurl in early spring and continues to grow and bloom through midspring and then again in fall.

Leaves can be picked by hand by the basketful. Choose leaves that are relatively clean and dirt-free. The flowers should be picked on a dry day as

excess rain and moisture can damage the fragile blooms. They will store for one or two days in the refrigerator in a moist kitchen towel; wash only when ready to use. The blooms can be dried on a screen for later use, but be forewarned—what looks like a large gathering of blossoms will dry down to about one-tenth the size. But they are so pretty, it’s worth the effort.

THINGS TO CONSIDER

Violet is a common spring plant, and gathering its leaves and flowers will not impact future harvests. Clumps of violets are easily transplanted if you want to help grow the stand of violets for future gathering.

WILD CARROT

Daucus carota
Queen Anne's lace
root, leaves, flowers, seeds

CULINARY USES

The roots of the wild carrot are significantly smaller than those of its cultivated cousin, but the wild root has a nuttier flavor, similar to the parsnip. Eating the fresh wild carrot roots raw is difficult as they are tough. Boil and mash the young roots, but you will need more than just a handful to make a substantial meal. You can combine boiled wild carrot root with the boiled or sautéed root of another wild plant, Solomon's seal, for a complex and flavorful starch dish.

Chop and toss fresh young wild carrot leaves into a salad of wild greens to give it the herbed flavor of carrot. Enjoy the umbels in a wild greens fritter, using other foraged finds like purslane and even chicory for density and substance. The seeds can season a variety of dishes, including soups and stews, with an aromatic carrot flavor. Crush them first in a mortar and pestle instead of adding them whole, as the seed is slightly hairy and can bother those sensitive to texture.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

A petite biennial plant, wild carrot is a wispy member of the family Apiaceae, which includes the poisonous look-alike poison hemlock—*Conium maculatum*. However, several chief identifiers distinguish the wild carrot from poison hemlock: the first-year leaves of the wild carrot are feathery; its true leaves are pinnately divided and deeply cut into narrow segments; the leaf stems have small vertical hairs; and the wild carrot sends up a thin but stately and hairy stem of up to 4 feet in height. The hairy stem

is green and devoid of the purple markings that might be prevalent on poison hemlock.

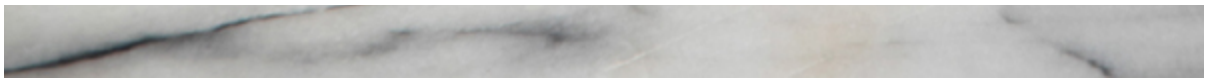
The entire plant has a noticeable smell of carrot. In the absence of that smell, you may be handling another plant. *Do not taste it*. Take care in handling plants in the Apiaceae family: the toxins of poison hemlock and poison water hemlock can be absorbed through the skin, so only handle them with gloves.

Wild carrot blooms in mid- to late summer with an umbel made up of flat and wide, small, and terminal white flowers. Take care to notice the branched bracts that fringe the bottom of the umbel of the wild carrot (another chief identifier). Sometimes (but not always) there is a dark purple flower in the center of the umbel. The umbel begins to close and seeds begin to develop in late summer or early fall.

Wild carrot is widespread across the country and is prolific in disturbed areas, along roads, and in open grassy fields. If harvesting in poor-quality soil that is really dry and rocky, or if growing conditions have been especially dry, take along a digging fork so as to not break off the root in the ground. To harvest the root, properly identify a first-year plant as its root will be less woody and spindly. The feathery tops can be harvested for greens, but wash these carefully as sand can be easily caught up in the textured leaves. Gather the umbels in the morning in sunny weather, taking care that they are free of debris and bugs (they are a favorite haven for daddy longlegs spiders). Because of the fragile nature of the blossoms, try to harvest clean so they don’t have to be washed. Gather the seeds in late summer when the “nest” of seeds has browned and they are dry, taking care to gather before autumn rains arrive, as excess moisture will rob the seeds of their aromatic carrot flavor.

THINGS TO CONSIDER

Wild carrot grows in abundance in wild grassy areas and disturbed waste places. In some areas, it is deemed invasive, so harvesting this wildflower will pose little threat to the plant’s future sustainability.



WILD GRAPE

Vitis riparia
flowers, fruit, leaves

CULINARY USES

In early spring, tender young grape leaves can be added to a salad, and the flowers are a nice aromatic, edible garnish.

When the leaves grow a bit larger in summer, they can be pickled and used for dolmas, or stuffed grape leaves.

Wild grapes are a fine fruit to enjoy on the trail in fall. Similar to Concord grapes, wild grapes can be smashed and processed into juice for drinking, fermenting, or making wild grape jelly or fruit leather. Remove the seeds first with a food mill.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Wild grape is a deciduous perennial that is easily identifiable by its climbing, woody vine. This plant grows abundantly in open spaces, along fences at parks, and along buildings. It climbs up trees and spreads over abandoned lots.

It has dark, shaggy, hairless (unlike poison ivy) bark with yellow-green coiling tendrils that affix the vine to fences, buildings, and anything else it can reach. The dark green grape leaves unfurl in early spring and grow alternately along the vine to be 3 to 5 inches in diameter, deeply lobed, and toothed. The underside of the leaf is silvery green and deeply veined. The leaves become thicker and damaged by bugs over the growing season.

Wild grape flowers are tiny and greenish white. They grow in clusters that will ripen into clusters of dark purple grapes. Wild grapes are significantly smaller than their cultivated cousins and grow to only ½ to 1 inch in diameter, each with two to six seeds inside.

Collect the tender leaves and flowers in spring for salads—but be sure to leave enough flowers for fall fruit. The bunches of fruit are ready in fall and are sweeter and less tart after a hard frost.

THINGS TO CONSIDER

Wild grape grows with wild abandon, and you can gather buckets of the fruit and leaves without impacting future harvests.

WOOD SORREL

***Oxalis* species**
leaves, stems, flowers

CULINARY USES

This is a versatile green, not overly bitter or astringent. Kids have fun gathering wood sorrel because they enjoy the adventure of looking for "lucky shamrocks." Its pleasant flavor pairs well with most other greens. Incorporate wood sorrel greens into a salad of violet and dandelion leaves, or top a watercress salad with sorrel leaves and blossoms. Garnish sandwiches with the tangy greens, wrap the greens up in a pita sandwich, or use wood sorrel on a BLT in place of the lettuce. It's a nice addition to a radish-and-butter sandwich, too. Wood sorrel can be added to a pesto for a tangy, citrus flavor.

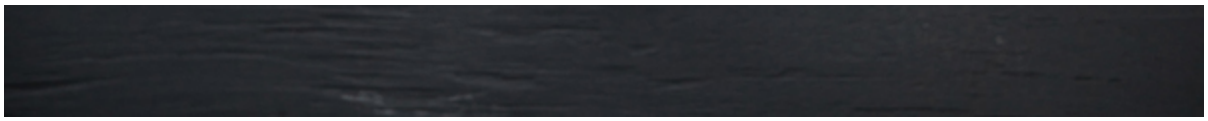
HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Wood sorrel grows from a tiny perennial bulb. Like clover, it has three leaflets per leaf. Unlike clover, each leaflet is heart-shaped. The thin, fragile-looking leaflets have the unusual ability to fold in half at night, during a rainstorm, or when the soil is too dry for the plant's liking. The three-part leaflets are attached by a smooth and succulent stem. Sorrel flowers have five petals that vary in color from yellow to whitish pink. The leaves taste markedly tart and citrusy.

Tiny wood sorrel can be gathered beginning in midspring and throughout the summer. Wood sorrel enjoys partial to full shade and can be found at the edges of the trail, in open fields and woodlands, and near the base of trees. Gather the leaves by hand. While the bulb is edible, cut only the tops so the plant will yield successive harvests. Wood sorrel doesn't have a long shelf life; plan to eat it soon after picking.

THINGS TO CONSIDER

Wood sorrel is a common plant. If you gather only the top leaves, there will be greens to enjoy throughout the season.



YARROW

Achillea millefolium
flowers, leaves

CULINARY USES

Yarrow is aromatic: its flavors are predominantly bitter with a hint of warming spice. The plant is also astringent, leaving your tongue dry when you taste the leaves or drink yarrow tea.

Because yarrow is bitter, mixologists can use it to create a brightly flavored cocktail bitter. Yarrow has been known to brewers for many years as a classic bitter brewing herb, and the lore around using yarrow in brewing is abundant. Yarrow's warming spicy notes and predominantly bitter flavor profile can work well in IPA-style recipes. Take care, though, to monitor yarrow's tendency to be overly bitter. This can be managed by adding yarrow to the second fermentation of a brew process: the longer it processes, the more prominent the bitter flavor and less aromatic it will be.

HOW TO IDENTIFY AND GATHER IN URBAN AREAS

Yarrow grows 2 to 3 feet in height, with tall erect stems that have flat, umbel-like flowers made up of many five-petaled blooms that range in color from white to pinkish white and even purple. The flowers are aromatic and markedly bitter. Yarrow leaves appear fine and hairy but actually they are lance-shaped and cut into many small, silvery gray segments, growing in a basal rosette. Cultivars of yarrow that are deep yellow have found favor for use in floral arrangements and ornamental landscaping. They are more resinous, but sometimes they escape gardens and end up wild. These can be used similarly to the white yarrow found in the wild.

A hardy perennial and native wildflower that prefers full sun, yarrow can often be found in open fields. It blooms toward the beginning of the summer solstice and continues until midsummer. Although the flavors and mild aromatics of the flowers can remain through fall, I always suggest you go by your nose to test for yarrow's strength in the off-season.

Yarrow is a perennial herb. Depending on the size of the stand, the entire stalk can be gathered. Take care, however, not to cut down the entire plant. Stalks can be bundled toward their bottom ends and hung to dry for later use.

THINGS TO CONSIDER

Yarrow is a perennial native wildflower. If care is given to only harvest just basal leaves or a stalk or two from each plant, it will regrow for you each year.

METRIC CONVERSIONS

INCHES	CENTIMETERS
1/4	0.6
3/8	1.0
1/2	1.3
3/4	1.9
1	2.5
2	5.1
3	7.6
4	10.0
5	12.7
6	15.2
7	17.8
8	20.3
9	22.9
10	25.4
12	30.5
14	35.6
15	38.1
18	45.7
24	61.0
36	91.4

FEET	METERS
1	0.3
2	0.6
3	0.9
4	1.2
5	1.5
6	1.8
7	2.1
8	2.4
9	2.7
10	3.0
12	3.7
13	4.0
15	4.6
20	6.0
25	7.6
30	9.1
60	18.3
65	19.8
80	24.4
90	27.4
100	30.5
120	36.6
150	45.7
200	61.0
250	76.2

TO CONVERT LENGTH:	MULTIPLY BY:
Yards to meters	0.90
Inches to centimeters	2.54
Inches to millimeters	25.40
Feet to centimeters	30.50

Temperatures

Degrees Celsius = 5/9 × (degrees Fahrenheit − 32)
Degrees Fahrenheit = (9/5 × degrees Celsius) + 32

FURTHER READING

For more information, seek out the following regional guides:

California Foraging: 120 Wild and Flavorful Edibles from Evergreen Huckleberries to Wild Ginger. Judith Larner Lowry. Portland, OR: Timber Press, 2014.

Midwest Foraging: 115 Wild and Flavorful Edibles from Burdock to Wild Peach. Lisa M. Rose. Portland, OR: Timber Press, 2015.

Midwest Medicinal Plants: Identify, Harvest, and Use 109 Wild Herbs for Health and Wellness. Lisa M. Rose. Portland, OR: Timber Press, 2017.

Mountain States Foraging: 115 Wild and Flavorful Edibles from Alpine Sorrel to Wild Hops. Brianna Wiles. Portland, OR: Timber Press, 2016.

Mountain States Medicinal Plants: Identify, Harvest, and Use 100 Wild Herbs for Health and Wellness. Brianna Wiles. Portland, OR: Timber Press, 2018.

Northeast Foraging: 120 Wild and Flavorful Edibles from Beach Plums to Wineberries. Leda Meredith. Portland, OR: Timber Press, 2014.

Northeast Medicinal Plants: Identify, Harvest, and Use 111 Wild Herbs for Health and Wellness. Liz Neves. Portland, OR: Timber Press, 2020.

Pacific Northwest Foraging: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts. Douglas Deur. Portland, OR: Timber Press, 2014.

Pacific Northwest Medicinal Plants: Identify, Harvest, and Use 120 Wild Herbs for Health and Wellness. Scott Kloos. Portland, OR: Timber Press, 2017.

Southeast Foraging: 120 Wild and Flavorful Edibles from Angelica to Wild Plums. Chris Bennett. Portland, OR: Timber Press, 2015.

Southeast Medicinal Plants: Identify, Harvest, and Use 106 Wild Herbs for Health and Wellness. CoreyPine Shane. Portland, OR: Timber Press, 2021.

Southwest Foraging: 117 Wild and Flavorful Edibles from Barrel Cactus to Wild Oregano. John Slattery. Portland, OR: Timber Press, 2016.

Southwest Medicinal Plants: Identify, Harvest, and Use 112 Wild Herbs for Health and Wellness. John Slattery. Portland, OR: Timber Press, 2020.

PHOTOGRAPHY CREDITS

All photographs by Miriam Doan, miriamdoan.com, except for the following:

Lisa M. Rose, pages 13 and 34
EllenVik/Shutterstock.com, page 50
Santje09/iStock.com, page 53
galia lumina/Shutterstock.com, page 86
Orest Lyzhechka/Dreamstime.com, page 143
stranger.studio/Shutterstock.com, page 147
tigger11th/iStock.com, page 183
ahirao_photo/iStock.com, page 187
Oksana_Schmidt/iStock.com, page 191
vasantytf/iStock.com, page 198
13smile/Shutterstock.com, page 203
AGfoto/Shutterstock.com, page 207
kashtykiNata/Shutterstock.com, page 219
NicholasMcComber/iStock.com, page 223

INDEX

Page numbers have been removed from the index for this electronic edition. To locate any of the following terms, please use the search feature of your e-book reader.

A | B | C | D | E | F | G
H | I | J | K | L | M | N | O
P | Q | R | S | T | U | V | W | Y

A

Achillea millefolium
Acorn Bread
acorn hulls
acorns
    Acorn Bread
    considerations
    culinary uses
    identifying/gathering
Agastache scrophulariifolia
allergies
Alliaria petiolata
Allium vineale
amaranth
angelica
antioxidants
apple
    considerations
    culinary uses
    identifying/gathering

Wild Apple Tarte Tatin
apple cider
apple cider vinegar
Arctium
arsenic contamination
artemisia
Artemisia Bitters
considerations
culinary uses
identifying/gathering
Artemisia
Artemisia absinthium
Artemisia Bitters
Artemisia tridentata
Artemisia vulgaris
aspen
Aspen Woodland Bitters
considerations
culinary uses
identifying/gathering
Aspen Woodland Bitters
astringent teas
apple
artemisia
blackberry
goldenrod
red clover
yarrow
autumn olive
Autumn Olive BBQ Sauce
considerations
culinary uses
identifying/gathering
Autumn Olive BBQ Sauce

B

bark
Basic Blackberry Jam
basswood
bee balm
bitters
blackberry
    Basic Blackberry Jam
    considerations
    culinary uses
    identifying/gathering
black raspberry
black tea
boneset
broadleaf plantain
brownfields
buckwheat
bug sprays
burdock
    considerations
    culinary uses
    identifying/gathering
    Savory Burdock Pickles
butterflies

C

calendula
cardamom
catmint
catnip
    considerations
    culinary uses

- identifying/gathering
- Smoky Plum Sauce

ceanothus
chaga
chamomile
Chenopodium album
chestnut
chia seeds
chickweed
- considerations
- culinary uses
- identifying/gathering

chicory
- considerations
- culinary uses
- French Press Chicory Root “Coffee”
- identifying/gathering

chives
cider
cilantro
cinnamon
clafoutis
cocktail bitters
- artemisia
- aspen
- catnip
- goldenrod
- yarrow

cocktails
- aspen
- blackberry
- currant
- elder
- goldenrod

hyssop
Japanese knotweed
lilac
mulberry
peppermint
pine
raspberry
rose
spearmint
spruce
violet
Colcannon with Lamb's Quarters
Concord grapes
Conium maculatum
coumadin
crabapple
considerations
Crabapple Butter
culinary uses
identifying/gathering
Crabapple Butter
creeping Charlie
creme de cassis
currant
considerations
culinary uses
Currant Financiers
identifying/gathering
Currant Financiers

D

dandelion
considerations

culinary uses
Dandelion Greens Salad
identifying/gathering
Dandelion Greens Salad
Daucus carota
daylily
considerations
culinary uses
identifying/gathering
Roasted Daylily Blossoms Stuffed with Goat Cheese
desert sage
diaphoretic
Diospyros
dock
considerations
culinary uses
identifying/gathering
Nutty Butter Energy Balls

E

early spring foraging
Easy Sunchoke Pickles
Elaeagnus umbellata
elder
considerations
culinary uses
elderberry syrup
identifying/gathering
elderberry syrup
elderflower
environmental pollutants

F

fall foraging
Fallopia japonica
federal parks
fermentation
  pine
  spruce
  yarrow
field garlic
  considerations
  culinary uses
  identifying/gathering
  Wild Garlic Flatbreads
floral water
foraging calendar
French desserts
French Press Chicory Root “Coffee”

G

garlic
Garlicky Pine Tip and Wild Chive Butter
garlic mustard
  considerations
  culinary uses
  Garlic Mustard Pesto
  identifying/gathering
Garlic Mustard Pesto
gill-over-the-ground
ginkgo
  considerations
  culinary uses
  identifying/gathering

Japanese Egg Custard with Ginkgo and Shiitake
Ginkgo biloba
Glechoma hederacea
glochids
gobo
goldenrod
considerations
culinary uses
identifying/gathering
Leaky-Drippy Allergy Tea
gooseberry
gray water
ground ivy
considerations
culinary uses
identifying/gathering
Gypsy Tea

H

hawthorne
hay fever
heavy metal contamination
Helianthus tuberosus
Hemerocallis fulva
herbal bitters
herbal medicine
herbicidal applications
hickory
Himalayan blackberry
histamine reaction
honey
honeybees
honeydew melon

honeysuckle
    considerations
    culinary uses
    Honeysuckle Honey
    identifying/gathering
Honeysuckle Honey
hormone balance
horsetail
hydrosol
Hypericum perforatum
hyssop
    considerations
    culinary uses
    identifying/gathering

I

industrial contamination
infusions
    artemisia
    chickweed
    honeysuckle
    monarda
    nettle
    pine
    red clover
    Russian sage
    spruce
    St. John’s wort
insect damage
invasive plants
iron supplements

J

Japanese Egg Custard with Ginkgo and Shiitake
Japanese knotweed
    considerations
    culinary uses
    identifying/gathering
    Strawberry-Knotweed Pie, A
jewelweed

K

kitchen tools

L

lamb’s quarters
    Colcannon with Lamb’s Quarters
    considerations
    culinary uses
    identifying/gathering
laws/rules
laxative
lead contamination
leaf arrangements
Leaky-Drippy Allergy Tea
lemon
lemon balm
lemongrass
licorice
lilac
    considerations
    culinary uses
    identifying/gathering

Lilac Jelly
Lilac Jelly
liqueur
Lonicera japonica
lymphatic tonics

M

maitake mushroom
Malus
Malus sylvestris
maple syrup
marshmallow root
medicinal preparations
apple
artemisia
aspen
blackberry
burdock
catnip
dandelion
dock
elderberry
elderflower
ginkgo
goldenrod
ground ivy
honeysuckle
hyssop
mint
monarda
nettle
peppermint
plantain

rose
Russian sage
spearmint
St. John’s wort
sweet clover
violet
yarrow
Melilotus officinalis
Mentha ‘piperita
Mentha spicata
metabolic tonics
mid- to late spring foraging
mint
molasses syrup
monarda
considerations
culinary uses
Gypsy Tea
identifying/gathering
Monarda didyma
Monarda fistulosa
Monarda punctata
morels
Morus alba
Morus rubra
mulberry
culinary uses
Wild Mulberry Pie
mullein
municipal parks
mushrooms
mustard

N

national parks
Nepeta cataria
nettle
    considerations
    culinary uses
    identifying/gathering
    Nettle Risotto
nettle-infused vinegar
Nettle Risotto
New England aster
nitrate pollution
Nutty Butter Energy Balls

O

oak
    Acorn Bread
    considerations
    culinary uses
    identifying/gathering
oat straw
onion
Opuntia
orange zest
oregano
Oxalis

P

parks
parsley
parsnip

pectin
pennycress
    considerations
    culinary uses
    identifying/gathering
peppermint
    considerations
    culinary uses
    identifying/gathering
Perovskia atriplicifolia
persimmon
    considerations
    culinary uses
    identifying/gathering
    Persimmon Chutney
Persimmon Chutney
pesticides
pesto
pharmaceutical blood thinners
photodermatitis
Picea
pine
    considerations
    culinary uses
    Garlicky Pine Tip and Wild Chive Butter
    identifying/gathering
Pinus
Plantago
plantain
    considerations
    culinary uses
    identifying/gathering
    Simple Salve
plant identification

poison hemlock
poison ivy
poison water hemlock
pollinators
Polygonum cuspidatum
Populus tremuloides
Portulaca oleracea
prickly pear
    considerations
    culinary uses
    identifying/gathering
    Prickly Pear Simple Syrup
Prickly Pear Simple Syrup
psyllium seeds
purple giant hyssop
purslane
    considerations
    culinary uses
    identifying/gathering

Q

quaking aspen
Queen Anne’s lace
Quercus

R

ragweed
rashes
raspberry
    considerations
    culinary uses
    identifying/gathering

Vegan Broth
raspberry vinegar shrub
recipes
Acorn Bread
Artemisia Bitters
Aspen Woodland Bitters
Autumn Olive BBQ Sauce
Basic Blackberry Jam
Colcannon with Lamb’s Quarters
Crabapple Butter
Currant Financiers
Dandelion Greens Salad
Easy Sunchoke Pickles
Elderberry Syrup
French Press Chicory Root “Coffee”
Garlicky Pine Tip and Wild Chive Butter
Garlic Mustard Pesto
Gypsy Tea
Japanese Egg Custard with Ginkgo and Shiitake
Leaky-Drippy Allergy Tea
Lilac Jelly
Nettle Risotto
Nutty Butter Energy Balls
Persimmon Chutney
Prickly Pear Simple Syrup
Roasted Daylily Blossoms Stuffed with Goat Cheese
Simple Salve
Smoky Plum Sauce
Strawberry-Knotweed Pie, A
Vegan Broth
Wild Apple Tarte Tatin
Wild Garlic Flatbreads
Wild Mulberry Pie
red clover

considerations
culinary uses
identifying/gathering
Vegan Broth
red flags
red mulberry
red oak
red raspberry
reishi mushroom
rhubarb
Ribes
roasted coffee industry
Roasted Daylily Blossoms Stuffed with Goat Cheese
Rosa
rose
considerations
culinary uses
identifying/gathering
rosemary
Rubus
Rubus idaeus
Rubus occidentalis
Rumex
runners
Russian sage
considerations
culinary uses
identifying/gathering

S

sage
salves
Salvia

Sambucus canadensis
Sambucus nigra
sarsaparilla
sassafras
scallions
Simple Salve
slippery elm
Smoky Plum Sauce
soil contamination
soil tests
Solidago
Solomon’s seal
spearmint
  considerations
  culinary uses
  identifying/gathering
spicebush
spinach
spotted bee balm
spruce
  considerations
  culinary uses
  identifying/gathering
state parks
stinging nettle
St. John’s wort
  considerations
  culinary uses
  identifying/gathering
Strawberry-Knotweed Pie, A
summer foraging
sunchoke
  considerations
  culinary uses

Easy Sunchoke Pickles
identifying/gathering
sunchoke pickles
sweet clover
considerations
culinary uses
identifying/gathering
sweet leaf
Syringa vulgaris

T

tannin
Taraxacum officinale
tarte tatin
teas
apple
artemisia
aspen
blackberry
burdock
dandelion
dock
ginkgo
goldenrod
ground ivy
honeysuckle
hyssop
monarda
nettle
peppermint
pine
plantain
raspberry

- red clover
- Russian sage

Thlaspi arvense
thyme
tinctures
- artemisia
- burdock
- ground ivy
- honeysuckle
- hyssop
- plantain
- Russian sage
- St. John’s wort

tonics
- artemisia
- burdock

tool kit
topical wash/ointment
Trifolium pratense
tulip poplar
turkey tail mushroom

U

Urtica dioica

V

Vegan Broth
Viola
violet
- considerations
- culinary uses
- identifying/gathering

Vitis riparia

W

walnuts
water contamination
white mulberry
white oak
Wild Apple Tarte Tatin
wild bee balm
wild bergamot
wild carrot
    considerations
    culinary uses
    identifying/gathering
wildflowers
Wild Garlic Flatbreads
wild ginger
wild grape
    considerations
    culinary uses
    identifying/gathering
wild lettuce
Wild Mulberry Pie
wild onion
winter foraging
wood sorrel
    considerations
    culinary uses
    identifying/gathering

Y

yarrow

considerations
culinary uses
identifying/gathering
yellow dock

Miriam Doan

Lisa M. Rose is an herbalist, forager, urban farmer, and writer. With a background in anthropology and a professional focus on community health, she has gathered her food, farming, and wild plant knowledge from many people and places along a very delicious journey. Beyond the Great Lakes, Lisa's interest in ethnobotany and plant medicine has taken her across the United States and into the Yucatán, mainland Mexico, Nicaragua, and Brazil to study plants, people, health, and their connection to place.

Copyright © 2022 by Lisa M. Rose.

All rights reserved.
All photographs by Miriam Doan,
miriamdoan.com, except as noted on page 227

Published in 2022 by Timber Press, Inc.
The Haseltine Building
133 S.W. Second Avenue, Suite 450
Portland, Oregon 97204-3527
timberpress.com

Text and cover design by Vincent James

eISBN 9781643261669

Catalog records for this book are available from the Library of Congress and the British Library.